

CROSS COUNTRY



SEMINOLES

TRACK & FIELD
CROSS COUNTRY



2010 NCAA Championships Men's & Women's Runner-Ups

Men's NCAA Championship Team Results

1981	1. UTEP (17)... 8. Florida State (257)
2003	1. Stanford (24)... 29. Florida State (733)
2004	1. Colorado (90)... 17. Florida State (438)
2005	1. Wisconsin (37)... 18. Florida State (471)
2006	1. Colorado (94)... 30. Florida State (602)
2007	1. Oregon (85)... 20. Florida State (454)
2008	1. Oregon (93)... 26. Florida State (576)
2009	1. Oklahoma St. (127)... 30. Florida State (612)
2010	1. Oklahoma St. (73)... 2. Florida State (193)
2011	1. Wisconsin (97)... 12. Florida State (348)
2012	1. Oklahoma St. (72)... 5. Florida State (238)
2014	1. Colorado (65)...31. Florida State (822)
2015	1. Syracuse (82)...29. Florida State (598)
2018	1. Northern Arizona (83)...31. Florida State (845)
2019	1. BYU (109)...29. Florida State (694)
2021	1. Northern Arizona (94)...20. Florida State (517)
2023	1. Oklahoma State (49)...27. Florida State (620)

Individual Qualifier Results

1968	Ken Misner (55th)
1969	Ken Misner (13th); Del Ramers (142nd)
1970	Ken Misner (42nd); Del Ramers (192nd)
1971	Del Ramers (128th); Robert Brooks (256th)
1980	Larry Greene (151st)
2001	Joep Tigchelaar (71st); Kim Bergdahl (208th)
2002	Joep Tigchelaar (107th)
2013	Bryant Blahnik (220th)
2016	Harry Mulenga (82nd)
2017	Michael Hall (132nd)
2020	Adriaan Wildschutt (2nd)
2020	Ahmed Muhumed (123rd)
2022	Fearghal Curtin (93rd)
2024	Isaac Hirshman Chandler (229th)

Women's NCAA Championship Team Results

2002	1. BYU (85)...28. Florida State (657)
2003	1. Stanford (120)...18. Florida State (455)
2006	1. Stanford (195)...21. Florida State (436)
2007	1. Stanford (145)...3. Florida State (236)*
2008	1. Washington (79)...3. Florida State (163)
2009	1. Villanova (86)...2. Florida State (133)
2010	1. Villanova (120)...2. Florida State (154)
2011	1. Georgetown (162)...4. Florida State (189)
2012	1. Oregon (114)...4. Florida State (202)
2013	1. Providence (141)...8. Florida State (278)
2014	1. Michigan State (83)...12. Florida State (393)
2018	1. Colorado (65)...26. Florida State (584)
2019	1. Arkansas (96)...12. Florida State (308)
2020	1. BYU (96)...15. Florida State (363)
2021	1. NC State (84)...19. Florida State (468)
2022	1. NC State (114)...18. Florida State (471)
2024	1. BYU (147)...24. Florida State (572)
2025	1. NC State (114)...Florida State N/A

Individual Qualifier Results

2001	Vicky Gill (122nd)
2005	Laura Bowerman (127th)
2016	Carmela Cardama Baez (73rd)
2023	Alyson Churchill (22nd)
2024	Bieke Schipperen (57th); Agnes Mctighe; (130th); Brooke Mullins; (140th) Elizabeth Barlow(176th); Rebecca Bergnes (221th); Addison Boyer (249th); Anna Sentner (253rd)
2025	Rylee Blade (120), Bieke Schipperen (144)

AIAW Championship Team Results

The Association for Intercollegiate Athletics for Women (AIAW) was founded in 1971 and governed women's athletics through the 1981-82 academic year:



Ken Misner
1969



Herb Wills
1981

FSU All-American Performances

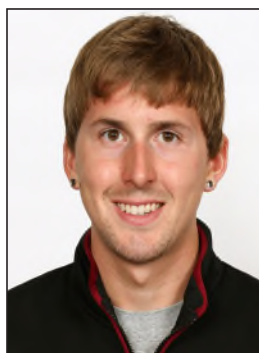
Year	Athlete	Place/Time	Location
1969	Ken Misner	13th/29:57.9	Van Cortland Park, Bronx, N.Y.
1981	Herb Wills	16th/29:44.9	Echo Hills Golf Course, Wichita, Kan.
2005	Andrew Lemoncello	21st/30:07.5	LaVern Gibson Course, Terre Haute, Ind.
2010	Ciaran O'Lionaird	18th/30:14.0	LaVern Gibson Course, Terre Haute, Ind.
	Michael Fout	28th/30:20.9	LaVern Gibson Course, Terre Haute, Ind.
2011	David Forrester	16th/29:40.6	LaVern Gibson Course, Terre Haute, Ind.
	Michael Fout	32nd/29:59.2	LaVern Gibson Course, Terre Haute, Ind.
2012	Jakub Zivec	21st/29:47.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
	Breandan O'Neill	28th/29:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
2020	Adriaan Wildschutt	2nd/29:48.2	OSU Cross Country Course, Stillwater, Okla.
2021	Adriaan Wildschutt	6th/28:52.0	Apalachee Regional Park, Tallahassee, Fla.
	Ahmed Muhumed	20th/29:19.9	Apalachee Regional Park, Tallahassee, Fla.
2023	David Mullarkey	40th/29:50.7	Panorama Fams, Earlysville, Va.



Andrew Lemoncello
2005



Ciaran O'Lionaird
2010



Mike Fout
2010, 2011



David Forrester
2011



Jakub Zivec
2012



Breandan O'Neill
2012



Adriaan Wildschutt
2020, 2021



Ahmed Muhumed
2021



David Mullarkey
2023



Clockwise from top photo: The 2012 team, including All-Americans Jakub Zivec and Breandan O'Neill, celebrate their fifth-place team finish. Above, Mike Fout, a one-time Foot Locker national champion, is the only two-time All-American for the men. At the left, coach John Brogle celebrate with Herb Wills, who became the second cross country All-American for the Seminoles in 1981 with 16th-place finish.

FSU All-American Performances

Year	Athlete	Place/Time	Location
1981	Darien Andreu	20th / 18:28	Highland Golf Course, Pocatello, Idaho#
2002	Vicky Gill	15th / 20:07.4	LaVern Gibson Course, Terre Haute, Ind.
2003	Vicky Gill	11th / 20:08.5	Irv Warren Golf Course, Waterloo, Iowa
2003	Natalie Hughes	43rd / 20:50.1	Irv Warren Golf Course, Waterloo, Iowa
2006	Susan Kuijken	27th / 21:17.1	LaVern Gibson Course, Terre Haute, Ind.
2007	Susan Kuijken	3rd / 19:57.2	LaVern Gibson Course, Terre Haute, Ind.
2007	Barbara Parker	7th / 20:17.0	LaVern Gibson Course, Terre Haute, Ind.
2008	Susan Kuijken	2nd / 19:34.9	LaVern Gibson Course, Terre Haute, Ind.
2008	Pilar McShine	29th / 20:34.5	LaVern Gibson Course, Terre Haute, Ind.
2008	Lesley Van Meirt	38th / 20:41.7	LaVern Gibson Course, Terre Haute, Ind.
2009	Susan Kuijken	3rd / 19:57.7	LaVern Gibson Course, Terre Haute, Ind.
2009	Pasca Cheruiyot	16th / 20:22.2	LaVern Gibson Course, Terre Haute, Ind.
2009	Amanda Winslow	39th / 20:43.7	LaVern Gibson Course, Terre Haute, Ind.
2010	Pilar McShine	9th / 20:24.4	LaVern Gibson Course, Terre Haute, Ind.
2010	Pasca Cheruiyot	17th / 20:30.7	LaVern Gibson Course, Terre Haute, Ind.
2010	Jessica Parry	22nd / 20:38.3	LaVern Gibson Course, Terre Haute, Ind.
2011	Hannah Brooks	28th / 20:18.1	LaVern Gibson Course, Terre Haute, Ind.
2011	Amanda Winslow	34th / 20:24.3	LaVern Gibson Course, Terre Haute, Ind.
2012	Violah Lagat	11th / 19:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Colleen Quigley	12th / 19:53.2	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Amanda Winslow	17th / 20:02.4	E.P. "Tom" Sawyer Park, Louisville, Ky.
2013	Colleen Quigley	6th / 20:11.3	LaVern Gibson Course, Terre Haute, Ind.
2014	Colleen Quigley	23rd / 20:29.9	LaVern Gibson Course, Terre Haute, Ind.
2018	Militsa Mircheva	25th / 20:32.9	Zimmer Course, Madison, Wisc.
2020	Maudie Skyring	23rd / 20:40.5	OSU Cross Country Course/Stillwater, Okla.
2020	Rebecca Clark	40th / 20:59.3	OSU Cross Country Course/Stillwater, Okla.
2021	Lauren Ryan	26th / 19:50.1	Apalachee Regional Park, Tallahassee, Fla.
2023	Alyson Churchill	22nd / 19:53.6	Panorama Famsr, Earlysville, VA.

- AIAW All-American



Darien Andreu
1981



Vicky Gill
2002, 2003



Natalie Hughes
2003



Susan Kuijken
2006-2009



Barbara Parker
2007



Pilar McShine
2008, 2010



Lesley Van Meirt
2008



Pasca Cheruiyot
2009, 2010



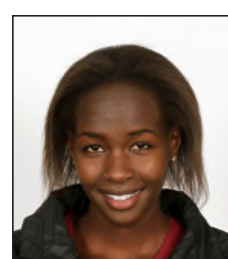
Amanda Winslow
2009, 2011, 2012



Jessica Parry
2010



Hannah Brooks
2011



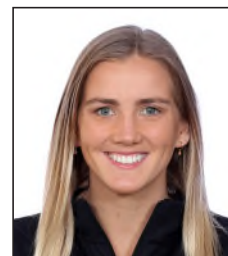
Violah Lagat
2012



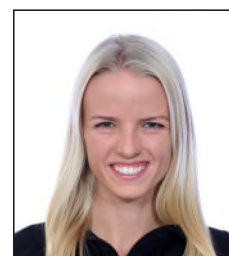
Colleen Quigley
2012, 2013, 2014



Militsa Mircheva
2018



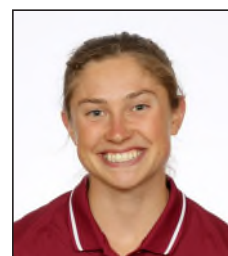
Maudie Skyring
2020



Rebecca Clark
2020



Lauren Ryan
2021

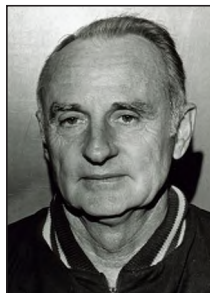


Alyson Churchill
2023

All-Time Men's Coaches



Verlyn Giles
1962



Mike Long
1963, 1966-68



Dick Roberts
1964-65, 1969-77



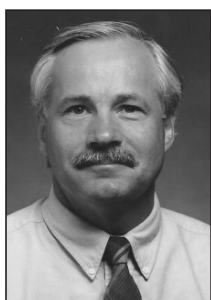
John Brogle
1978-84



Al Schmidt
1985-88



Sue Addison
1989-91



Scott Irving
1992-99



Bob Braman
2000-2023



Matt Kane
2024-present

All-Time Women's Coaches



Paul Toran
1974-79



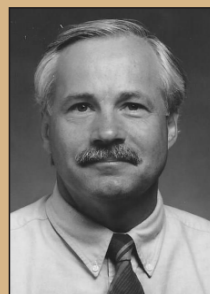
Roger Smith
1980-81



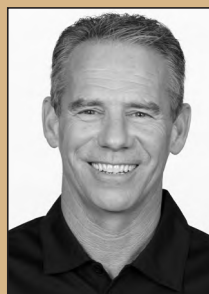
Al Schmidt
1982-88



Sue Addison
1989-93



Scott Irving
1994-99



Bob Braman
2000-06, 2021-2022



Karen Harvey
2007-2014



Kelly Phillips
2015-2020



Cody Halsey
2023-present

All-ACC Honors

2001 Joep Tigchelaar	Daniel Roberts	Stanley Linton
2002 Joep Tigchelaar	2010 David Forrester	2016 Harry Mulenga
2003 Joep Tigchelaar	Matt Leeder	2017 David Barney
2004 Ian Hornabrook	Ciaran O'Lionaird	2018 Caleb Pottorff
Andrew Lemoncello*	Wes Rickman	2019 Kasey Knevelbaard
Ian Hornabrook	Jakub Zivec	Paul Stafford
Tom Lancashire	2011 Michael Fout	2021 Adriaan Wildschutt*
Eddie Rodriguez	David Forrester	Ahmed Muhumed
2005 Andrew Lemoncello*	Breandan O'Neill	2022 Fearghal Curtain
Tom Lancashire	Seth Proctor	2023 David Mullarkey
Sean Burris	2012 David Forrester	Abdirizak Ibrahim
Phil Nicholls	Jakub Zivec	
2006 Tom Lancashire	2013 Matt Mizereck	
Andrew Lemoncello	Bryant Blahnik	
2008 Steeve Gabart	Josh Gracia	
Matt Leeder	2014 Tyler Udland	
2009 Matt Leeder	Jack Goodwin	
Ciaran O'Lionaird	Zak Seddon	
	2015 Harry Mulenga	

* - ACC Individual Champion

ACC Performers of the Week

2004 Sept. 7 Luke Beevor	2015 Sept. 8 Jack Goodwin	Oct. 4 Adriaan Wildschutt
Sept. 14 Andrew Lemoncello	Sept. 22 Zak Seddon	Oct. 19 Adriaan Wildschutt
Oct. 4 Andrew Lemoncello	2016 Sept. 2 Steven Cross*	2022 Sept. 6 Ferghal Curtin
Oct. 18 Andrew Lemoncello	Sept. 6 Harry Mulenga	Sept. 16 Fearghal Curtin
2005 Sept. 19 Andrew Lemoncello	Sept. 20 Harry Mulenga	2023 Sept. 5 Abdirizak Ibrahim
Oct. 3 Andrew Lemoncello	Oct. 4 Steven Cross*	Oct. 3 David Mullarkey
2006 Oct. 16 Andrew Lemoncello	Oct. 11 Steven Cross*	2024 Oct. 8 Kaden Ievings
2007 Sept. 4 Mark Buckingham	Oct. 11 Michael Callegari	Oct. 15 Lucas Bouquot
2008 Sept. 22 Luke Gunn	2017 Sept. 20 David Barney	
Oct. 6 Luke Gunn	Oct. 11 Michael Hall	
Oct. 20 Daniel Roberts	2018 Sept. 5 Caleb Pottorff	
2010 Oct. 11 Justin Harbor	Sept. 19 Caleb Pottorff	
2011 Sept. 6 Scott Proctor	2019 Sept. 4 Kasey Knevelbaard	
Oct. 4 Michael Fout	Oct. 16 Jacob Holmes	
2012 Sept. 4 Paul Lagno	Oct. 23 Kasey Knevelbaard	
Sept. 18 Zak Seddon	2020 Sept. 23 Paul Stafford	
Oct. 2 Jakub Zivec	Oct. 21 Paul Stafford	
2013 Sept. 4 Zak Seddon	Feb. 10 Adriaan Wildschutt	
Oct. 15 Sean Quinn	March 10 Adriaan Wildschutt	
	2021 Sept. 7 Adriaan Wildschutt	
	Sept. 21 Adriaan Wildschutt	



Adriaan Wildschutt brought home FSU's third individual title in 2021. The only other Seminole to win an ACC title in school history was Andrew Lemoncello, who went back-to-back in 2004 and 2005.

Men's ACC Awards

ACC Runner of the Year
Adriaan Wildschutt - 2021

ACC Freshman of the Year
Joep Tigchelaar - 2001
Wes Rickman - 2009
Jakub Zivec - 2010
A.J. del Valle - 2011

ACC Coach of the Year
Bob Braman - 2003
Bob Braman - 2010



Men's ACC Championship Results

1992 @Raleigh, NC

1. NC State	46
2. Wake Forest	48
3. Clemson	91
4. North Carolina	105
5. Georgia Tech	106
6. Virginia	122
7. Maryland	211
8. Florida State	230
9. Duke	233

1993 @Clemson, SC

1. Wake Forest	36
2. NC State	59
3. Clemson	69
4. Georgia Tech	92
5. Virginia	118
6. Duke	183
7. North Carolina	211
8. Florida State	220
9. Maryland	237

1994 @Atlanta, GA

1. Wake Forest	46
2. NC State	53
3. Georgia Tech	108
4. North Carolina	110
5. Clemson	114
6. Virginia	127
7. Duke	176
8. Maryland	200
8. Florida State	273

1995 @Winston-Salem, NC

1. NC State	18
2. Wake Forest	67
3. North Carolina	121
4. Virginia	133
5. Duke	148
6. Clemson	152
7. Georgia Tech	161
8. Maryland	161
9. Florida State	230

1996 @College Park, MD

1. NC State	30
2. Wake Forest	40
3. North Carolina	82
4. Duke	114
5. Clemson	127
6. Virginia	143
7. Florida State	217
8. Georgia Tech	222
9. Maryland	231

1997 @Tallahassee, FL

1. NC State	24
2. Wake Forest	73
3. Clemson	75
4. North Carolina	86
5. Duke	117
6. Virginia	184
7. Georgia Tech	188
8. Maryland	220
9. Florida State	232

1998 @Charlottesville, VA

1. NC State	26
2. Duke	75
3. Clemson	94
4. Virginia	101
5. North Carolina	121
6. Wake Forest	169
7. Georgia Tech	201
8. Florida State	210
9. Maryland	248

1999 @Chapel Hill, NC

1. NC State	16
2. Duke	70
3. Wake Forest	99
4. Virginia	106
5. Clemson	126
6. Georgia Tech	162

7. North Carolina	179
8. Florida State	218
9. Maryland	249

2000 @Raleigh, NC

1. Duke	39
2. NC State	49
3. Virginia	54
4. Wake Forest	84
5. North Carolina	163
6. Clemson	180
7. Florida State	188
8. Georgia Tech	218
9. Maryland	262

2001 @Clemson, SC

1. NC State	26
2. Wake Forest	45
3. Duke	94
4. Virginia	114
5. Florida State	134
6. Georgia Tech	153
7. Clemson	187
8. North Carolina	221
9. Maryland	274

2002 @Atlanta, GA

1. NC State	17
2. Duke	69
3. Virginia	95
4. Clemson	103
5. Florida State	123
6. Wake Forest	148
7. North Carolina	187
8. Maryland	219
9. Georgia Tech	243

2003 @Winston-Salem, NC

1. NC State	27
2. Florida State	66
3. Virginia	83
4. Clemson	130
5. Wake Forest	139
6. Georgia Tech	156
7. Maryland	161
8. North Carolina	183
9. Duke	206

2004 @College Park, MD

1. NC State	47
2. Florida State	48
3. Virginia	85
4. Clemson	87
5. Duke	99
6. Wake Forest	172
7. Maryland	198
8. Georgia Tech	227
9. Virginia Tech	249
10. North Carolina	295
11. Miami	313

2005 @Tallahassee, FL

1. Virginia	30
2. Florida State	38
3. NC State	103
4. Wake Forest	136
5. Duke	142
6. Virginia Tech	174
7. Clemson	175
8. North Carolina	198
9. Boston College	201
10. Maryland	304
11. Miami	342
12. Georgia Tech	356

2006 @Charlottesville, VA

1. NC State	31
2. Florida State ~	79
3. Virginia	87
4. Duke	124
5. Clemson	132
6. Virginia Tech	145
7. Boston College	196
8. North Carolina	213

9. Wake Forest	217
10. Maryland	261
11. Georgia Tech	315
12. Miami	348

2007 @Charlottesville, VA

1. Virginia	32
2. NC State	39
3. Florida State ~	130
4. Clemson	137
5. Virginia Tech	139
6. Duke	156
7. Wake Forest	193
8. Boston College	195
9. Maryland	206
10. North Carolina	246
11. Georgia Tech	271
12. Miami	381

2008 @Chapel Hill, NC

1. Virginia	40
2. NC State	56
3. Virginia Tech	75
4. Florida State	80
5. Duke	127
6. Maryland	199
7. Boston College	199
8. North Carolina	209
9. Clemson	212
10. Georgia Tech	239
11. Wake Forest	342
12. Miami	372

2009 @Cary, NC

1. NC State	56
2. Virginia	71
3. Florida State	72
4. Duke	74
5. Virginia Tech	122
6. North Carolina	138
7. Maryland	219
8. Georgia Tech	239
9. Wake Forest	281
10. Boston College	287
11. Clemson	293
12. Miami	395

2010 @Boston, MA

1. Florida State	43
2. NC State	81
3. North Carolina	84
4. Virginia	92
5. Duke	93
6. Wake Forest	209
7. Virginia Tech	242
8. Maryland	244
9. Boston College	254
10. Clemson	267
11. Georgia Tech	271
12. Miami	357

2011 @Clemson, SC

1. NC State	51
2. Florida State	55
3. North Carolina	84
4. Virginia Tech	116
5. Duke	116
6. Virginia	169
7. Wake Forest	212
8. Maryland	232
9. Georgia Tech	239
10. Clemson	268
11. Boston College	281
12. Miami	372

2012 @Blacksburg, VA

1. Virginia Tech	55
2. Virginia	61
3. Florida State	62
4. NC State	74
5. Duke	112
6. North Carolina	149

7. Wake Forest	209
8. Boston College	246
9. Georgia Tech	272
10. Clemson	280
11. Miami	242

2013 @Kernersville, NC

1. Syracuse	64
2. North Carolina	84
3. Notre Dame	105
4. Virginia	108
5. Virginia Tech	120
6. Duke	137
7. Florida State	145
8. NC State	154
9. Georgia Tech	256
10. Wake Forest	274
11. Clemson	341
12. Pitt	366
13. Miami	409

2014 @Charlottesville, VA

1. Syracuse	32
2. NC State	90
3. North Carolina	95
4. Virginia	121
5. Florida State	158
6. Virginia Tech	163
7. Notre Dame	189
8. Louisville	191
9. Clemson	245
10. Georgia Tech	277
11. Wake Forest	291
12. Duke	296
13. Pitt	353
14. Boston College	435
15. Miami	500

2015 @Tallahassee, FL

1. Syracuse	46
2. NC State	95
3. Virginia	115
4. Virginia Tech	120
5. Louisville	130
6. Notre Dame	147
7. Florida State	172
8. Duke	187
9. North Carolina	189
10. Georgia Tech	209
11. Clemson	318
12. Boston College	360
13. Pitt	368
14. Wake Forest	410
15. Miami	488

2016 - @Cary, N.C.

1. Syracuse	29
2. Virginia	72
3. NC State	82
4. Virginia Tech	128
5. Florida State	134
6. North Carolina	182
7. Louisville	203
8. Georgia Tech	224
9. Pitt	246
10. Notre Dame	257
11. Duke	311
12. Boston College	337
13. Wake Forest	345
14. Clemson	346
15. Miami	440

2017 @Louisville, KY

1. Syracuse	27
2. Virginia Tech	73
3. NC State	98
4. Virginia	100
5. Florida State	152
6. Wake Forest	182
7. Notre Dame	206
8. Georgia Tech	238
9. Duke	261

10. Pitt	285
11. North Carolina	315
12. Clemson	345
13. Miami	370
14. Boston College	378
15. Louisville	384

2018 @Boston, MA

1. Notre Dame	57
2. Syracuse	61
3. NC State	85
4. Virginia	128
5. Wake Forest	154
6. Virginia Tech	183
7. Florida State	186
8. Duke	205
9. North Carolina	232
10. Louisville	245
11. Georgia Tech	250
12. Boston College	353
13. Pitt	358
14. Clemson	395
15. Miami	491

2019 @Blacksburg, VA

1. Syracuse	68
2. Notre Dame	73
3. Virginia Tech	100
4. Virginia	100
5. Wake Forest	116
6. Florida State	155
7. Duke	162
8. NC State	164
9. Georgia Tech	255
10. North Carolina	298
11. Pitt	315
12. Louisville	341
13. Boston College	405
14. Clemson	412
15. Miami	466

2020 @Cary, N.C.

1. Notre Dame	40
2. NC State	54
3. Wake Forest	86
4. Virginia	92
5. Duke	134
6. Syracuse	135
7. North Carolina	196
8. Virginia Tech	222
9. Florida State	225
10. Pittsburgh	282
11. Clemson	335
12. Georgia Tech	342
13. Louisville	384
14. Boston College	457
15. Miami	472

2021 @Notre Dame, Ind.

1. Notre Dame	32
2. Syracuse	84
3. Wake Forest	104
4. North Carolina	110
5. Florida State	134
6. NC State	141
7. Duke	161
8. Virginia	211
9. Virginia Tech	273
10. Louisville	292
11. Pitt	299
12. Georgia Tech	341
13. Boston College	436
14. Clemson	446
15. Miami	479

2022 @Earlysville, Va.

1. Wake Forest	44
2. Syracuse	86
3. North Carolina	87
4. Notre Dame	92

5. NC State	118
6. Virginia	125
7. Duke	181
8. Virginia Tech	251
9. Florida State	255
10. Pitt	292
11. Georgia Tech	319
12. Louisville	324
13. Clemson	359
14. Boston College	451
15. Miami	455

2023 @Tallahassee, Fla.

1. North Carolina	49
2. Syracuse	65
3. Virginia	77
4. Notre Dame	86
5. Florida State	117
6. Wake Forest	131
7. Duke	205
8. NC State	207
9. Pitt	277
10. Georgia Tech	280
11. Virginia Tech	312
12. Clemson	332
13. Louisville	429
14. Miami	470

2024 @Cary, North Carolina.

1. Wake Forest	60
2. Stanford	69
3. North Carolina	80
4. Virginia	94
5. Syracuse	122
6. Notre Dame	127
7. NC State	210
8. Virginia Tech	213
9. California	290
10. Florida State	296
11. Duke	345
12. Georgia Tech	370
13. Pittsburgh	373
14. Boston College	389
15. Louisville	416
16. Clemson	431
17. Miami	498

2025 @Cary, North Carolina.

1. Virginia	61
2. Syracuse	65
3. Wake Forest	111
4. Notre Dame	114
5. Virginia Tech	152
6. North Carolina	154
7. Stanford	164
8. Louisville	176
9. Duke	298
10. NC State	315
11. Pittsburgh	343
12. Florida State	360
13. Georgia Tech	381
14. Clemson	391
15. Boston College	403
16. California	436
17. Miami	539



FSU won its fifth and most recent NCAA South Region title in 2015 at Alabama.

All-Region Honors

2002

Nathan Adams
Joep Tigchelaar
Maarten van de Heuvel

2003

Luke Beevor
Kevin Cook
Ian Hornabrook
Eddie Rodriguez
Joep Tigchelaar

2004

Andrew Lemoncello*
Ian Hornabrook
Tom Lancashire
Eddie Rodriguez

2005

Andrew Lemoncello*
Sean Burris
Kevin Cook
Tom Lancashire
Phil Nicholls

2006

Mark Buckingham
Luke Gunn
Tom Lancashire
Andrew Lemoncello

2007

Mark Buckingham
Luke Gunn
Steeve Gabart
Matt Leeder
Daniel Roberts

2008

Steeve Gabart
Jason Lakritz
Matt Leeder
Daniel Roberts
Nick Sunseri

2009

Matt Leeder
Ciaran O'Lionaird
Wes Rickman
Daniel Roberts

2010

Ciaran O'Lionaird*
Michael Fout
Matt Leeder
Seth Proctor
Wes Rickman
Alex Smyth

2011

David Forrester*
Michael Fout
Breandan O'Neill
Seth Proctor
Jakub Zivec

2012

Jakub Zivec*
Breandan O'Neill
Wes Rickman
Seth Proctor
David Forrester
Zak Seddon
Paul Lagno

2013

Bryant Blahnik
Josh Gracia
Zak Seddon
Kevin Johnson

2014

Tyler Udland
Jack Goodwin
Zak Seddon

2015

Harry Mulenga
Zak Seddon
Jack Goodwin
Stanley Linton
Grant Nykaza

2016

Harry Mulenga

2017

Michael Hall
David Barney
Stanley Linton

2018

Caleb Pottorff
Steven Cross
Toby Hardwick
Paul Staffordash

2019

Caleb Pottorff
Steven Cross

2021

Adriaan Wildschutt*
Ahmed Muhumed

2022

Fearghal Curtin
Cooper Schroeder

2023

David Mullary
Abdirizak Ibrahim
Cooper Schroeder
Ahmed Ibrahim

2024

Zach Cloud
Zach Leachman
Joe Farley

202

Isaac Hirshman Chandler

* - NCAA South Region champion

NCAA South Region Finishes

2000	1. Alabama (47)...9. Florida State (253)
2001	1. Alabama (55)... 3. Florida State (85)
2002	1. Tennessee (51)... 4. Florida State (104)
2003	1. Georgia (37)... 2. Florida State (64)
2004	1. Florida State (59)... 2. Florida (71)
2005	1. Alabama (40)... 2. Florida State (47)
2006	1. Florida State (67)... 2. Alabama (88)
2007	1. Alabama (28)... 2. Florida State (52)
2008	1. Alabama (49)... 3. Florida State (66)
2009	1. Alabama (45)... 2. Florida State (80)
2010	1. Alabama (30)... 2. Florida State (55)
2011	1. Florida State (40)... 2. Florida (68)
2012	1. Florida State (27)... 2. Georgia (48)
2013	1. Georgia (72)... 3. Florida State (101)
2014	1. Mississippi (52)...2. Florida State (94)
2015	1. Florida State (58)...2. Mississippi (62)
2016	1. Mississippi (46)...3. Florida State (127)
2017	1. Middle Tennessee (71)...4. Florida State (128)
2018	1. Mississippi (45)...2. Florida State (92)
2019	1. Mississippi (69)...4. Florida State (136)
2020	No Meet - COVID-19
2021	1. Mississippi (68)...3. Florida State (112)
2022	1. Tennessee (39)...4. Florida State (134)
2023	1. Tennessee (68)...2. Florida State (71)
2024	1. Alabama (80)... 4. Florida State (112)



NCAA South Region Athlete of the Year

2010	Ciaran O'Lionaird
2011	David Forrester
2012	Jakub Zivec
2020	Adriaan Wildschutt
2021	Adriaan Wildschutt

NCAA South Region Coach of the Year

2004	Bob Braman
2005	Bob Braman

Multiple All-Region Selections

Matt Leeder	 4
Zak Seddon	 4
Joep Tigchelaar	 3
Tom Lancashire	 3
Andrew Lemoncello	 3
Daniel Roberts	 3
Wes Rickman	 3
Seth Proctor	 3
Dave Guerra, Ian Hornabrook, Eddie Rodriguez, Kevin Cook, Luke Gunn, Mark Buckingham, Steve Gabart, Ciaran O'Lionaird, Michael Fout, David Forrester, Breandan O'Neill, Jakub Zivec, Jack Goodwin, Harry Mulenga, Stanley Linton, Caleb Pottorff, Steven Cross	 2

All-ACC Honors

1995 Kirsten Birmelin	Jessica Parry	Linden Hall	2023 Alyson Churchill
2000 Amy Pleckaitis	2010 Pasca Cheruiyot	Pippa Woolven	2024 Agnes McTighe
2001 Vicky Gill	Pilar McShine	2015 Carmela Cardama Baez	Bieke Schipperen
2002 Vicky Gill	Astrid Leutert	2016 Carmela Cardama Baez	2025 Bieke Schipperen
2003 Vicky Gill	2011 Amanda Winslow	2017 Militsa Mircheva	
2006 Susan Kuijken	Hannah Brooks	2018 Militsa Mircheva	* - ACC Individual Champion
2007 Susan Kuijken*	Jessica Parry	Elizabeth Funderburk	
Barbara Parker	Violah Lagat	2019 Lauren Ryan	
2008 Susan Kuijken*	Colleen Quigley	Elizabeth Funderburk	
Pilar McShine	Kayleigh Tyerman	Maudie Skyring	
Linzi Snow	2012 Violah Lagat*	2020 Addi Coggins	
Lesley Van Miert	Colleen Quigley	Elizabeth Funderburk	
Lydia Willemse	Kayleigh Tyerman	2021 Lauren Ryan	
2009 Susan Kuijken*	Amanda Winslow	Maudie Skyring	
Pasca Cheruiyot	Georgia Peel	2022 Agnes McTighe	
Jennifer Dunn	2013 Colleen Quigley	Emmy van den Berg	
Pilar McShine	Hannah Walker		
	Linden Hall		
	Pippa Woolven		
	Carly Thomas		
	2014 Colleen Quigley		



Susan Kuijken won three consecutive ACC individual cross country titles (2007-09).

ACC Performers of the Week

2007 Sept. 4 Susan Kuijken	Oct. 11 Bridget Blake	chill
Sept. 15 Pilar McShine	Oct. 11 Megan Mooney*	Sept. 19 Alyson Churchill
Oct. 2 Susan Kuijken	2017	2024
Oct. 16 Susan Kuijken	Sept. 6 Militsa Mircheva	Sept. 3 Lily Guinn*
Oct. 23 Susan Kuijken	Sept. 20 Militsa Mircheva	Oct. 8 Jane Eiselstein
2008	Oct. 11 Militsa Mircheva	Oct. 15 Nicole Dinan
Oct. 20 Susan Kuijken	Oct. 11 Jodie Judd*	2025
Nov. 3 Susan Kuijken	2018	Oct. 7 Rylee Blade*
2009	Sept. 5 Militsa Mircheva	Oct. 14 Rylee Blade*
Oct. 19 Susan Kuijken	Sept. 5 Elizabeth Funderburk*	
2010	Oct. 2 Elizabeth Funderburk*	
Oct. 18 Amanda Winslow	Oct. 23 Ella Swigler *	
2011	2019	
Oct. 4 Amanda Winslow	Sept. 4 Lauren Ryan	
Oct. 18 Amanda Winslow	Oct. 2 Erin Phelps	
2012	Oct. 2 Yasmine Abbes*	
Sept. 4 Linden Hall	Oct. 16 Erin Phelps	
Oct. 2 Colleen Quigley	Oct. 16 Yasmine Abbes*	
Oct. 16 Violah Lagat	Oct. 23 Elizabeth Funderburk	
Oct. 30 Violah Lagat	2020	
2013	Oct. 7 Alyson Churchill*	
Sept. 4 Hannah Walker	Oct. 21 Addi Coggins	
Oct. 15 Colleen Quigley	2021	
Oct. 22 Colleen Quigley	Sept. 7 Lauren Ryan	
2014	2022	
Sept. 23 Colleen Quigley	Oct. 11 Jane Eiselstein*	
Oct. 7 Colleen Quigley	2023	
2015	Sept. 5 Alyson Churchill	
Sept. 8 Georgia Peel		
2016		
Sept. 16 Carmela Cardama Baez		

* - Freshman of the Week

Women's ACC Awards



Violah Lagat won the inaugural ACC Performer of the Year award in 2012..

ACC Performer of the Year

Violah Lagat - 2012
Colleen Quigley - 2013

ACC Freshman of the Year

Colleen Quigley - 2011



ACC Coach of the Year

Karen Harvey - 2007
Karen Harvey - 2008
Karen Harvey - 2009
Karen Harvey - 2010
Karen Harvey - 2011
Karen Harvey - 2012
Karen Harvey - 2013

Women's ACC Championship Results

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1992 @Raleigh, NC

1. NC State	38
2. Wake Forest	41
3. Virginia	57
4. North Carolina	57
5. Florida State	164
6. Clemson	165
7. Georgia Tech	176
8. Duke	200
9. Maryland	245

1993 @Clemson, SC

1. NC State	46
2. Virginia	64
3. Clemson	72
4. North Carolina	73
5. Wake Forest	118
6. Georgia Tech	178
7. Florida State	195
8. Duke	199
9. Maryland	224

1994 @Atlanta, GA

1. North Carolina	40
2. Wake Forest	48
3. Georgia Tech	68
4. Virginia	87
5. Clemson	97
6. Duke	171
7. Maryland	194
8. Florida State	235

1995 @Winston-Salem, NC

1. NC State	40
2. Wake Forest	70
3. North Carolina	108
4. Virginia	116
5. Georgia Tech	128
6. Clemson	135
7. Duke	153
8. Maryland	212
9. Florida State	220

1996 @College Park, MD

1. NC State	38
2. North Carolina	49
3. Virginia	98
4. Clemson	101
5. Wake Forest	103
6. Georgia Tech	133
7. Duke	199
8. Maryland	218
9. Florida State	247

1997 @Tallahassee, FL

1. NC State	28
2. Wake Forest	48
3. North Carolina	70
4. Virginia	110
5. Duke	111
6. Clemson	157
7. Georgia Tech	161
8. Maryland	227
9. Florida State	247

1998 @Charlottesville, VA

1. NC State	32
2. North Carolina	65
3. Wake Forest	75
4. Clemson	99
5. Virginia	114
6. Duke	155
7. Georgia Tech	161
8. Florida State	220
9. Maryland	223

1999 @Chapel Hill, NC

1. North Carolina	44
2. NC State	56
3. Virginia	77
4. Wake Forest	96
5. Duke	104
6. Clemson	163
7. Georgia Tech	167

8. Florida State	214
9. Maryland	259

2000 @Raleigh, NC

1. NC State	43
2. North Carolina	52
3. Wake Forest	92
4. Duke	106
5. Virginia	107
6. Florida State	128
7. Georgia Tech	143
8. Clemson	253
9. Maryland	263

2001 @Clemson, SC

1. NC State	39
2. North Carolina	55
3. Virginia	80
4. Georgia Tech	107
5. Duke	136
6. Wake Forest	149
7. Florida State	156
8. Maryland	263
9. Clemson	273

2002 @Atlanta, GA

1. NC State	61
2. Wake Forest	61
3. Virginia	78
4. Duke	81
5. North Carolina	88
6. Florida State	134
7. Maryland	203
8. Georgia Tech	214
9. Clemson	284

2003 @Winston-Salem, NC

1. North Carolina	40
2. NC State	44
3. Wake Forest	62
4. Duke	120
5. Florida State	135
6. Virginia	142
7. Maryland	209
8. Georgia Tech	229
9. Clemson	282

2004 @College Park, MD

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

2005 @Tallahassee, FL

1. Duke	20
2. NC State	91
3. Wake Forest	104
4. Boston College	106
5. North Carolina	128
6. Virginia	177
7. Florida State	196
8. Maryland	214
9. Virginia Tech	235
10. Georgia Tech	281
11. Miami	323
12. Clemson	327

2006 @Charlottesville, VA

1. NC State	59
2. Duke	88
3. Virginia	104
4. Florida State	118
5. Virginia Tech	123
6. North Carolina	138
7. Boston College	150
8. Wake Forest	166

9. Georgia Tech	194
10. Maryland	217
11. Clemson	343
12. Miami	384

2007 @Charlottesville, VA

1. Florida State	64
2. NC State	102
3. Boston College	106
4. North Carolina	118
5. Virginia Tech	121
6. Duke	123
7. Wake Forest	127
8. Virginia	160
9. Maryland	236
10. Clemson	257
11. Georgia Tech	277
12. Miami	390

2008 @Chapel Hill, NC

1. Florida State	27
2. Boston College	106
3. Wake Forest	112
4. Duke	124
5. Virginia	124
6. North Carolina	137
7. Virginia Tech	150
8. Clemson	170
9. Maryland	236
10. NC State	262
11. Georgia Tech	289
12. Miami	392

2009 @Cary, NC

1. Florida State	37
2. Duke	71
3. Virginia	84
4. NC State	109
5. North Carolina	137
6. Boston College	144
7. Maryland	192
8. Wake Forest	204
9. Clemson	221
10. Virginia Tech	284
11. Georgia Tech	312
12. Miami	380

2010 @Boston, MA

1. Florida State	52
2. Virginia	75
3. Duke	99
4. Boston College	100
5. North Carolina	123
6. NC State	137
7. Wake Forest	206
8. Virginia Tech	207
9. Clemson	208
10. Maryland	311
11. Georgia Tech	315
12. Miami	353

2011 @Clemson, SC

1. Florida State	20
2. Boston College	79
3. Virginia	113
4. NC State	113
5. North Carolina	118
6. Clemson	159
7. Duke	161
8. Virginia Tech	180
9. Maryland	258
10. Wake Forest	264
11. Georgia Tech	328
12. Miami	369

2012 @Blacksburg, VA

1. Florida State	35
2. Duke	67
3. Boston College	82
4. NC State	86
5. North Carolina	152
6. Virginia	170
7. Clemson	191

8. Wake Forest	222
9. Georgia Tech	258
10. Virginia Tech	260
11. Maryland	296
12. Miami	350

2013 @Kernersville, NC

1. Florida State	52
2. Virginia	65
3. Syracuse	108
4. Notre Dame	124
5. Duke	130
6. Boston College	151
7. NC State	183
8. Virginia Tech	188
9. North Carolina	204
10. Wake Forest	246
11. Clemson	336
12. Georgia Tech	389
13. Pitt	399
14. Maryland	404
15. Miami	447

2014 @Chadottesville, VA

1. North Carolina	57
2. Florida State	99
3. Virginia	109
4. NC State	119
5. Notre Dame	132
6. Virginia Tech	161
7. Boston College	162
8. Syracuse	162
9. Wake Forest	233
10. Duke	276
11. Georgia Tech	289
12. Louisville	290
13. Clemson	369
14. Pitt	388
15. Miami	505

2015 @Tallahassee, FL

1. Virginia	71
2. NC State	75
3. Notre Dame	96
4. Syracuse	141
5. North Carolina	150
6. Boston College	159
7. Florida State	172
8. Virginia Tech	213
9. Pitt	241
10. Clemson	244
11. Duke	275
12. Wake Forest	290
13. Louisville	312
14. Georgia Tech	407
15. Miami	450

2016 - @Cary, NC

1. NC State	53
2. Notre Dame	74
3. Virginia Tech	153
4. Louisville	157
5. Syracuse	184
6. Clemson	207
7. Pitt	207
8. Wake Forest	207
9. Florida State	213
10. Virginia	220
11. Duke	245
12. Boston College	247
13. North Carolina	299
14. Georgia Tech	347
15. Miami	446

2017 @Louisville, KY

1. NC State	43
2. Louisville	109
3. Virginia Tech	129
4. Syracuse	134
5. Wake Forest	166
6. Notre Dame	175
7. Duke	180

8. Virginia	182
9. Florida State	210
10. Pitt	210
11. North Carolina	244
12. Georgia Tech	258
13. Boston College	348
14. Clemson	378
15. Miami	461

2018 @Boston, MA

1. NC State	67
2. Notre Dame	68
3. Syracuse	83
4. Florida State	128
5. Virginia Tech	161
6. Duke	179
7. Georgia Tech	184
8. Wake Forest	195
9. Virginia	230
10. Boston College	291
11. Clemson	294
12. North Carolina	294
13. Pitt	320
14. Louisville	324
15. Miami	497

2019 @Blacksburg, VA

1. NC State	64
2. Florida State	76
3. Notre Dame	116
4. Virginia Tech	146
5. Syracuse	154
6. Wake Forest	158
7. Boston College	159
8. North Carolina	196
9. Duke	202
10. Georgia Tech	238
11. Virginia	276
12. Louisville	314
13. Clemson	352
14. Pitt	410
15. Miami	493

2020 @Cary, N.C.

1. NC State	47
2. Georgia Tech	99
3. Florida State	109
4. Duke	114
5. North Carolina	116
5. Notre Dame	116
7. Virginia	205
8. Syracuse	237
9. Boston College	261
10. Wake Forest	287
11. Virginia Tech	292
12. Louisville	303
13. Clemson	320
14. Pitt	406
15. Miami	457

2021 @Notre Dame, Ind.

1. NC State	20
2. North Carolina	87
3. Florida State	102
4. Syracuse	105
5. Notre Dame	114
6. Boston College	216
7. Virginia Tech	219
8. Georgia Tech	229
9. Duke	247
10. Virginia	263
11. Wake Forest	268
12. Pitt	373
13. Louisville	399
14. Miami	407
15. Clemson	407

2022 @Earlsville, Va.

1. NC State	34
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2. Notre Dame	38
3. Virginia	98
4. North Carolina	109
5. Florida State	148
6. Syracuse	191
7. Duke	195
8. Virginia Tech	219
9. Wake Forest	226
10. Georgia Tech	240
11. Boston College	339
12. Miami	340
13. Pitt	368
14. Clemson	424
15. Louisville	434

2023 @Tallahassee, Fla.

1. NC State	37
2. Notre Dame	80
3. Virginia	82
4. Syracuse	167
5. North Carolina	172
6. Boston College	183
7. Duke	186
8. Wake Forest	200
9. Georgia Tech	264
10. Virginia Tech	267
11. Florida State	275
12. Pittsburgh	330
13. Louisville	333
14. Clemson	339
15. Miami	412

2024 @Cary, North Carolina

1. Notre Dame	115
2. Stanford	121
3. North Carolina	121
4. Virginia	152
5. NC State	160
6. Boston College	185
7. Florida State	190
8. Syracuse	197
9. Wake Forest	200
10. Louisville	202
11. Clemson	221
12. Georgia Tech	298
13. Virginia Tech	329
14. SMU	367
15. California	392
16. Pitt	410
17. Miami	511
18. Duke	549

2025 @Louisville, Kentucky

1. NC State	28
2. Notre Dame	89
3. North Carolina	127
4. Stanford	150
5. Virginia	170
6. Boston College	198
7. Virginia Tech	207
8. Wake Forest	214
9. Clemson	227
10. Louisville	242
11. Clemson	265
12. Florida State	281
13. Syracuse	302
14. SMU	325
15. California	424
16. Pitt	449
17. Georgia Tech	496
18. Miami	570

NCAA South Region Finishes

2001	1. Georgia Tech (54)... 3. Florida State (113)
2002	1. Tennessee (72)... 2. Florida State (74)
2003	1. Tennessee (71)... 2. Florida State (93)
2004	1. Tennessee (78)... 4. Florida State (176)
2005	1. Tennessee (76)... 3. Florida State (118)
2006	1. Georgia (35)... 4. Florida State (84)
2007	1. Florida State (40)... 2. Georgia (75)*
2008	1. Florida State (41)... 2. Florida (64)
2009	1. Florida (33)... 2. Florida State (54)
2010	1. Florida State (24)... 2. Florida (67)
2011	1. Florida State (34)... 2. Vanderbilt (54)
2012	1. Florida State (27)... 2. Vanderbilt (54)
2013	1. Florida State (35)... 2. Vanderbilt (116)
2014	1. Vanderbilt (52)... 2. Florida State (53)
2015	1. Vanderbilt (65)... 4. Florida State (139)
2016	1. Mississippi State (66)... 7. Florida State (208)
2017	1. Mississippi (59)... 4. Florida State (129)
2018	1. Florida State (60)... 2. Florida (64)
2019	1. Florida State (42)... 2. Mississippi (100)
2020	No Meet - COVID-19
2021	1. Mississippi (69)... 2. Florida State (86)
2022	1. Alabama (34)... 2. Florida State (88)
2023	1. Tennessee (61)... 8. Florida State (252)
2024	1. Alabama (63)... 3. Florida State (79)
2025	1. Florida (52)... 6. Florida State (158)



NCAA South Region Athlete of the Year

2002	Vicky Gill
2003	Vicky Gill
2006	Susan Kuijken
2007	Susan Kuijken
2011	Amanda Winslow
2012	Violah Lagat
2013	Colleen Quigley
2014	Colleen Quigley
2018	Militsa Mircheva

NCAA South Region Coach of the Year

2007	Karen Harvey
2008	Karen Harvey
2010	Karen Harvey
2012	Karen Harvey
2013	Karen Harvey
2018	Kelly Philips
2019	Kelly Philips

1999	Katie Jeffery
2000	Brooke Bastien Katie Jeffery
2001	Vicky Gill Natalie Hughes Katie Jeffery
2002	Vicky Gill* Natalie Hughes Misty Harper Allison Lind
2003	Vicky Gill Natalie Hughes Anne Clinton Helen Hofstede
2004	Laura Bowerman Natalie Hughes
2005	Laura Bowerman Abi Wilshire
2006	Susan Kuijken* Jessica Crate Amy Huss Abi Wilshire
2007	Susan Kuijken* Hannah England Kirsten Hagen Audrey Hand Pilar McShine Barbara Parker Lydia Willemse
2008	Kacey Gibson Susan Kuijken Pilar McShine Linzi Snow Lydia Willemse Christina Woytalewicz
2009	Pasca Cheruiyot Jennifer Dunn Pilar McShine Jessica Parry Amanda Winslow

Women's South Region History



FSU won its second consecutive and eighth all-time South Region title at home in 2019.

All-Region Selections

1999	Pasca Cheruiyot
2000	Pilar McShine Jessica Parry Jennifer Dunn Hannah Brooks Amanda Winslow Astrid Leutert
2011	Amanda Winslow* Hannah Brooks Violah Lagat Colleen Quigley Kayleigh Tyerman Aubree Worden Jessica Parry
2012	Violah Lagat* Colleen Quigley Amanda Winslow Kayleigh Tyerman Georgia Peel
2013	Jessica Parry Jennifer Dunn
2014	Colleen Quigley* Pippa Woolven Linden Hall Bridget Blake Chelsi Woodruff
2015	Carmela Cardama Baez Bridget Blake Christine Griggs
2016	Carmela Cardama Baez
2017	Jodie Judd Emily Edwards
2018	Militsa Mircheva* Elizabeth Funderburk Maudie Skyring Megan Mooney Jodie Judd

2019	Maudie Skyring Elizabeth Funderburk Addi Coggins Jodie Judd Lauren Ryan Rebecca Clark
2021	Lauren Ryan Maudie Skyring Amanda Beach Rebecca Clark Jen Lima
2022	Alyson Churchill Agnes McTighe Emmy van den Berg
2023	Alyson Churchill
2024	Agnes McTighe Elizabeth Barlow Brooke Mullins Bieke Schipperen
2025	Bieke Schipperen Rylee Blade Suus Altorf

* - NCAA South Region champion

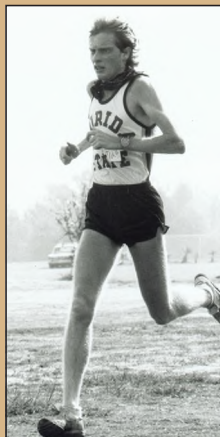
Multiple All-Region Selections	
Natalie Hughes	4
Jessica Parry	4
Amanda Winslow	4
Colleen Quigley	4
Vicky Gill	3
Katie Jeffery	3
Susan Kuijken	3
Pilar McShine	3
Wes Rickman	3
Jennifer Dunn	3
Jodie Judd	3
Maudie Skyring	3
Laura Bowerman, Abi Wilshire, Lydia Willemse, Pasca Cheruiyot, Hannah Brooks, Vilah Lagat, Kayeigh Tyerman, Linden Hall, Pippa Woolven, Bridget Blake, Carmela Cardama Baez, Elizabeth Funderburk, Lauren Ryan	2

Men's All-Metro

1976	Donnie Cook
	Ron Montgomery
1977	Donnie Cook
1978	Herb Wills*
	Tom Herron
	John Hodge
	Doug Overfelt
1979	Doug Overfelt
	Marc Trigg
	John Hodge
	Herb Wills
	Tom Herron
1980	Larry Greene*
	Herb Wills
	Brett Hoffman
	John Hodge
	Marc Trigg
1981	Herb Wills*
	Larry Greene
	Marc Trigg
	Doug Overfelt
	Ron Treadway
	Phillip Rolle
	Scott Taylor
1982	Phillip Rolle*
	Ron Treadway
	Paul Waldron
	Richard Lewis
	Robert Shackelford
1983	Gregg Doss
	Paul Waldron
1984	Greg Doss
	Jeff Muth
1985	Matt Farnen
1986	Jacob Hosely
	David Keen
1987	David Keen
1988	David Keen
1989	David Keen
	Allen Williams
	Jason Frank
	Andy Penick
1990	Jason Frank
	Matthew Dobson
	Rob Circelli

* - Metro Individual Champion

At right: Herb Wills won the first of his two Metro Conference cross country titles as a freshman in 1978, helping the Noles to their first team title. His second title came as a senior in 1981. Below, left to right: Larry Greene and Phillip Rolle also won individual titles, in 1980 and 1982, respectively.



FSU's 1978 men's team won the first of three Metro Conference cross country titles under coach John Brogle.

Men's Metro Championship Results

1976 - @St. Louis, MO

1.	Memphis State	43
2.	Georgia Tech	65
3.	Cincinnati	73
4.	Florida State	78
5.	Georgia Tech	79
6.	Louisville	173

1977 @Cincinnati, OH

1.	Saint Louis	38
2.	Cincinnati	59
3.	Memphis State	71
4.	Florida State	78
5.	Georgia Tech	99
6.	Louisville	142

1978 @Tallahassee, FL

1.	Florida State	43
2.	Saint Louis	55
3.	Virginia Tech	58
4.	Cincinnati	90
5.	Memphis State	92
6.	Louisville	157
7.	Tulane	218

1979 @Memphis, TN

1.	Florida State	39
2.	Virginia Tech	51
3.	Memphis State	54
4.	Cincinnati	98
5.	Saint Louis	140
6.	Louisville	152
7.	Tulane	196

1980 - @St. Louis, MO

1.	Virginia Tech	30
2.	Florida State	38
3.	Memphis State	86
4.	Cincinnati	101
5.	Louisville	154
6.	Tulane	185
7.	Saint Louis	NTS

1981 - @New Orleans, LA

1.	Virginia Tech	24
2.	Florida State	31
3.	Cincinnati	97
4.	Memphis State	119
5.	Louisville	124
6.	Tulane	169

1982 @Blacksburg, VA

1.	Florida State	37
2.	Virginia Tech	41
3.	Cincinnati	75
4.	Memphis State	91
5.	Louisville	124
6.	Tulane	155
7.	Southern Miss	170

1983 @Cincinnati, OH

1.	Virginia Tech	42
2.	South Carolina	93
3.	Cincinnati	97
4.	Florida State	105
5.	Memphis State	111
6.	Southern Miss	135

7.	Louisville	153
8.	Tulane	164

1984 - @Tallahassee, FL

1.	Virginia Tech	25
2.	Florida State	94
3.	Louisville	112
4.	Memphis State	116
5.	South Carolina	118
6.	Tulane	130
7.	Cincinnati	140
8.	Southern Miss	156

1985 - @Louisville, KY

1.	Virginia Tech	38
2.	Cincinnati	71
3.	Memphis State	98
4.	South Carolina	99
5.	Louisville	101
6.	Florida State	110
7.	Southern Miss	165

1986 - @Memphis, TN

1.	Virginia Tech	39
2.	South Carolina	55
3.	Cincinnati	72
4.	Florida State	102
5.	Louisville	115
6.	Memphis State	120
7.	Southern Miss	127

1987 - @Columbia, SC

1.	Virginia Tech	31
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2.	Louisville	74
3.	Cincinnati	87
4.	Florida State	92
5.	South Carolina	93
6.	Southern Miss	155
7.	Memphis State	170

1988 - @Hattiesburg, MS

1.	Virginia Tech	33
2.	South Carolina	83
3.	Florida State	85
4.	Cincinnati	115
5.	Southern Miss	117
6.	Louisville	123
7.	Memphis	139

1989 - @Blacksburg, VA

1.	Virginia Tech	22
2.	Florida State	55
3.	South Carolina	98
4.	Cincinnati	101
5.	Memphis	128
6.	Tulane	133
7.	Louisville	162
8.	Southern Miss	226

1990 - @Cincinnati, OH

1.	Virginia Tech	24
2.	Florida State	64
3.	South Carolina	79
4.	Louisville	123
5.	Cincinnati	139
6.	Memphis	145

Women's Metro Results

1985 @Louisville, KY

1.	Virginia Tech	29
2.	Florida State	39
3.	Cincinnati	81
4.	Louisville	108
5.	Southern Miss	119
6.	Memphis State	172

1986 @Memphis, TN

1.	Virginia Tech	23
2.	Florida State	39
3.	Cincinnati	73
4.	Louisville	85
5.	Memphis State	105

1987 @Columbia, SC

1.	Virginia Tech	25
2.	Florida State	72
3.	Cincinnati	75
4.	South Carolina	84
5.	Louisville	112
6.	Memphis State	126
7.	Southern Miss	178

1988 @Hattiesburg, MS

1.	South Carolina	41
2.	Florida State	46
3.	Virginia Tech	72
4.	Cincinnati	112
5.	Memphis State	112
6.	Louisville	118
7.	Southern Miss	184

1989 @Blacksburg, VA

1.	South Carolina	39
2.	Florida State	54
3.	Virginia Tech	62
4.	Louisville	81
5.	Cincinnati	136
6.	Tulane	158
7.	Memphis State	199
8.	Southern Miss	225

1990 @Cincinnati, OH

1.	South Carolina	26
2.	Louisville	52
3.	Virginia Tech	75
4.	Florida State	83
5.	Cincinnati	145
6.	Tulane	184
7.	Memphis State	188
8.	Southern Miss	226

Women's All-Metro

1985	Brenda Moore*
	Barbara Matthews
	Colleen O'Reilly
	Sue Pockell



Moore

1986	Carrie Boyd
	Barbara Matthews
	Adrienne Politiowitz
	Sharon Farrall
	Colleen O'Reilly



Boyd

1987	Carrie Boyd
	Michelle Farrall

1988	Carrie Boyd
	Michelle Farrall
	Colleen O'Reilly
	Angela Harris

1989	Carrie Boyd*
	Michelle Farrall
	Angela Harris

1990	Tracy Howze
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* - Metro Individual Champion

All-ACC Academic

Men

2006

Tom Lancashire
Andrew Lemoncello

2007

Mark Buckingham
Matt Leeder
Daniel Roberts

2008

Matt Leeder
Jason Lakritz

2009

Matt Leeder
Michael Fout

2010

Michael Fout
David Forrester
Jakub Zivec

2011

Michael Fout
Seth Proctor

2012

Seth Proctor
Paul Lagno
Jakub Zivec

2013

Kevin Johnson
Jakub Zivec

2014

Antony Taylor
Otniel Teixeira
Tyler Udland

2015

Bryce Kelley
Stanley Linton

2016

Bryce Kelley
Steven Cross

2017

David Barney
Stanley Linton
Istvan Szogi

2018

Steven Cross
Caleb Pottorff
Istvan Szogi

2019

Steven Cross
Kasey Knevelbaard
Caleb Pottorff
Paul Stafford

2020

Caleb Pottorff
Paul Stafford

2021

Silas Griffith
Ahmed Muhumed
Adriaan Wildschutt

2022

Ander son Ball
Zach Cloud
Gabriel Curtis
Sam Field
Jacob Holmes
Matthew Newland
Cooper Schroeder

2023

Cooper Schroeder

Zach Cloud
Matt Newland
Sam Field
Anderson Ball
Gabe Curtis
Jacob Holmes

2024

Joe Farley
Zach Leachman
Zach Cloud
Coleman Cronk
Patrick Donnelly
Kaden Levings
Tanner Simonds
Michael Toppi
Lucas Bouquot

2025

Finn Thomas
Tanner Simonds
Lucas Bouquot

Women

2006

Amy Huss
Abi Wilshire

2007

Hannah England
Kirsten Hagen
Susan Kuijken
Lydia Willemse

2008

Lydia Willemse
Lesley Van Miert

2009

Susan Kuijken
Pasca Cheruiyot
Jennifer Dunn
Jessica Parry
Amanda Winslow

2010

Jennifer Dunn
Pasca Cheruiyot
Pilar McShine
Jessica Parry
Hannah Brooks
Amanda Winslow

2011

Hannah Brooks
Amanda Winslow
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Aubree Worden

2012

Jennifer Dunn
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow

2013

Colleen Quigley
Linden Hall
Hannah Walker
Pippa Woolven

2014

Colleen Quigley
Linden Hall
Pippa Woolven
Georgia Peel

2015

Carmela Cardama Baez
Christine Griggs
Georgia Peel

ACC Scholar-Athletes of the Year

Men

2009 Matt Leeder
2011 Michael Fout
2012 Jakub Zivec
2021 Adriaan Wildschutt
2024 David Mullarkey

Women

2008 Lydia Willemse
2009 Susan Kuijken
2010 Jennifer Dunn
2011 Hannah Brooks

2016

Carmela Cardama Baez
Catherine Blaney

2017

Emily Edwards
Jodie Judd
Militsa Mircheva

2018

Elizabeth Funderburk
Jodie Judd
Militsa Mircheva
Megan Mooney
Maudie Skyring

2019

Addi Coggins
Elizabeth Funderburk
Jodie Judd
Erin Phelps
Lauren Ryan
Maudie Skyring

2020

Rebecca Clark
Addi Coggins
Elizabeth Funderburk
Maudie Skyring

2023

Emmy Van Den Berg
Agnes McTighe
Alyson Churchill
Yasmine Abbes
Caitlyn Wilkey
Rebecca (Clark) Pottorff
Riley Bahr
Dani Thompson
Marit Griep

2024

Bieke Schipperen
Suus Altorf
Agnes McTighe
Anna Sentner
Brooke Mullins
Nicole Dinan
Addison Boyer
Rebecca Bergnes

2025

Bieke Schipperen
Suus Altorf
Booke Hooper
Ella Menke
Nicole Dinan
Ava Povich
Lindy White

USTFCCCA All-Academic**Men
2006**

Thomas Lancashire
Andrew Lemoncello

2009

Matthew Leeder

2010

Michael Fout
Ciaran O'Lionaird

2011

Michael Fout

2012

Seth Proctor
Jakub Zivec

2014

Tyler Udland

2015

Stanley Linton

2017

David Barney
Stanley Linton

2018

Steven Cross
Caleb Pottorff

2019

Steven Cross
Caleb Pottorff

2021

Ahmed Muhumed
Adriaan Wildschutt

2022

Cooper Schroeder

Women**2000**

Brooke Bastien

2006

Amy Huss

2007

Kirsten Hagen
Audrey Hand
Lydia Willemse

2008

Lydia Willemse

2009

Jennifer Dunn
Jessica Parry
Amanda Winslow

2010

Hannah Brooks
Jennifer Dunn
Jessica Parry
Amanda Winslow

2011

Hannah Brooks
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow
Aubree Worden

2012

Jennifer Dunn
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow

2013

Colleen Quigley
Linden Hall
Hannah Walker
Pippa Woolven

2014

Pippa Woolven
Linden Hall
Colleen Quigley

2015

Carmela Cardama Baez
Christine Griggs

2016

Carmela Cardama Baez

2017

Emily Edwards
Jodie Judd

2018

Elizabeth Funderburk
Militsa Mircheva
Megan Mooney
Maudie Skyring

2020

Yasmine Abbes
Alyson Churchill

Rebecca Clark
Kayla Easterly
Jodie Judd
Jen Lima
Maudie Skyring

2021

Amanda Beach
Rebecca Clark
Jennifer Lima
Lauren Ryan
Maudie Skyring

2022

Alyson Churchill
Agnes McTighe
Emmy Van den Berg

2023

Alyson Churchill
Agnes McTighe
Emmy Van den Berg

2024

Bieke Schipperen
Brooke Mullins
Agnes McTighe

2025

Bieke Schipperen
Suus Altorf

Men's Team

Year	Team	GPA
1996	Florida State	3.09
2000	Florida State	3.13
2010	Florida State	3.11
2011	Florida State	3.13
2012	Florida State	3.207
2013	Florida State	3.37
2014	Florida State	3.00
2017	Florida State	3.17
2018	Florida State	3.14
2020	Florida State	

Women's Team

Year	Team	GPA
1996	Florida State	3.29
1999	Florida State	3.25
2000	Florida State	3.27
2002	Florida State	3.13
2005	Florida State	3.372
2006	Florida State	n/a
2007	Florida State	3.29
2010	Florida State	3.187
2011	Florida State	3.33
2012	Florida State	3.339
2013	Florida State	3.14

2014	Florida State	3.36
2015	Florida State	3.286
2016	Florida State	3.36
2017	Florida State	3.48
2018	Florida State	3.59
2019	Florida State	3.69
2020	Florida State	n/a
2021	Florida State	n/a
2022	Florida State	3.62
2023	Florida State	n/a
2024	Florida State	3.752
2025	Florida State	3.49