

NC State Crowned ACC Women's Cross Country Champion

For Immediate Release
October 28, 2000

Raleigh, NC – The NC State women's cross country team captured its 18th ACC Title in the 23rd annual Atlantic Coast Conference Women's Cross Country Championship with low score of 43 points. The Wolfpack was followed by North Carolina who finished second with 52 points. Wake Forest finished third with 92 points while Duke was fourth with a total of 106 points. Virginia, Florida State and Georgia Tech finished fifth, sixth and seventh with scores of 107, 128 and 143 respectively. Clemson and Maryland registered scores of 253 and 263.

Pacing the Pack was four of the top ten finishers in Christy Nichols, Katie Sabino, Beth Fonner and Beth Kraft. North Carolina finished with two runners in the top ten including the 2000 ACC Individual Champion Shalane Flanagan who doubled as the ACC Freshman of the Year. Flanagan crossed the finish line with a time of 17:38.1. Rounding out the all-conference team was Sara Day of Wake Forest, Sheela Agrawal of Duke, Sarah Folse of Virginia and Amy Pleckaitis of Florida State.

2000 ACC Women's Cross Country Results

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)

2000 ACC Women's All-Conference Team

1.	Shalane Flanagan	North Carolina	17:38.1
2.	Sara Day	Wake Forest	18:03.1
3.	Sheela Agrawal	Duke	18:15.5
4.	Kim Timberlake	North Carolina	18:27.5
5.	Christy Nichols	NC State	18:32.9
6.	Sarah Folse	Virginia	18:36.1
7.	Katie Sabino	NC State	18:43.3
8.	Beth Fonner	NC State	18:51.0
9.	Amy Pleckaitis	Florida State	18:52.4
10.	Beth Kraft	NC State	18:53.1

Freshman of the Year: Shalane Flanagan, North Carolina

Duke Captures the ACC Men's Cross Country Championship

For Immediate Release
October 28, 2000

Raleigh, NC – The Duke men's cross country team captured its first ACC Title since 1977 with a low score of 39 points at the 47th annual Atlantic Coast Conference Men's Cross Country Championship. The Blue Devils were followed by NC State who finished second with 49 points. Virginia finished third with 54 points while Wake Forest was fourth with a total of 84 points. North Carolina, Clemson and Florida State finished fifth, sixth and seventh with scores of 163, 180 and 188 respectively. Georgia Tech and Maryland registered scores of 218 and 262.

Pacing the Blue Devils was the 2000 ACC Individual Champion Sean Kelly who crossed the finish line with a time of 25:00.4. The Blue Devils finished with three runners in the top ten and on the 2000 All-ACC Cross Country Team. In addition to Kelly, seniors Terry Brennan and Brendan Fitzgibbon were also members of the all-conference team for Duke.

NC State and Virginia each placed three athletes on the all-conference team. Bob Thiele, Justin Wood and Matt Ruhl paced the Cavaliers with Ryan Woods, Andy Smith and Dean Bowker representing the Wolfpack. Rounding out the all-conference team was Wake Forest's Ted DeVos.

NC State's Andy Smith was the ACC Freshman of the Year with a time of 25:18.9.

2000 ACC Men's Cross Country Results

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)

2000 ACC Men's All-Conference Team

1.	Sean Kelly	Duke	25:00.4
2.	Bob Thiele	Virginia	25:02.0
3.	Terry Brennan	Duke	25:06.3
4.	Ted DeVos	Wake Forest	25:16.5
5.	Ryan Woods	NC State	25:17.1
6.	Andy Smith	NC State	25:18.9
7.	Justin Wood	Virginia	25:21.2
8.	Matt Ruhl	Virginia	25:23.5
9.	Brendan Fitzgibbon	Duke	25:29.9
10.	Dean Bowker	NC State	25:34.2

Freshman of the Year: Andy Smith, NC State

Flash Results, Inc.

Hy-Tek's MEET MANAGER

10/28/00 11:40 AM Atlantic Coast Conference Championships
Cross Country

Page 1

NC State, Raleigh, NC - Saturday 10/28/00.

Event 1 Men's 8,000 Meter Run
Results by Order of Finish - Saturday 10/28/00

RANK	COMP#	ATHLETE NAME	YR SCHOOL	TIME	SCORE
1	129	Sean Kelly	JR Duke	25:00.4	1
2	145	Bob Thiele	SR Virginia	25:02.0	2
3	126	Terry Brennan	SR Duke	25:06.3	3
4	105	Ted DeVos	JR Wake Forest	25:16.5	4
5	156	Ryan Woods	JR NC State	25:17.1	5
6	154	Andy Smith	FR NC State	25:18.9	6
7	148	Justin Wood	SO Virginia	25:21.2	7
8	144	Matt Ruhl	SO Virginia	25:23.5	8
9	128	Brendan Fitzgibbon	SR Duke	25:29.9	9
10	149	Dean Bowker	SO NC State	25:34.2	10
11	155	Devin Swann	FR NC State	25:36.4	11
12	132	Chris Williams	FR Duke	25:39.4	12
13	157	David Adams	FR Clemson	25:40.5	13
14	127	Jay Champi	JR Duke	25:45.2	14
15	107	Garick Hill	JR Wake Forest	25:50.5	15
16	106	Chris Estwanik	JR Wake Forest	25:56.7	16
17	152	David Patterson	SO NC State	25:59.8	17
18	146	Ryan Webb	SR Virginia	26:03.4	18
19	142	Andrew Filachek	FR Virginia	26:04.6	19
20	116	Matt Weiss	JR North Carolina	26:06.6	20
21	153	Chad Pearson	SO NC State	26:10.6	21
22	111	Nick Iauco	SR North Carolina	26:13.7	22
23	130	Mike McKeever	SR Duke	26:14.0	23
24	103	Josh Buffolino	SR Wake Forest	26:15.7	24
25	108	Sean Nagorny	JR Wake Forest	26:16.3	25
26	167	Dave Guerra	SO Florida State	26:20.1	26
27	104	Jimmy Butler	JR Wake Forest	26:20.6	27
28	102	Dave Barrett	FR Wake Forest	26:21.5	28
29	101	Ed Acosta	SO Wake Forest	26:28.5	
30	141	Jeff Binggeli	JR Virginia	26:29.0	29
31	143	Walton Kingsberry	FR Virginia	26:29.7	30

32	131 Adam Perez	JR Duke	26:35.5	31
33	112 Kris Kurjiaka	SO North Carolina	26:36.8	32
34	150 David Christian	FR NC State	26:42.5	33
35	140 Brent Williams	SR Georgia Tech	26:44.1	34
36	125 Jeremy Block	JR Duke	26:44.5	
37	147 Brian Wood	SO Virginia	26:45.8	
38	161 Joe Harris	FR Clemson	26:47.4	35
39	133 Phillip Gable	SR Georgia Tech	26:49.8	36
40	160 Ryan Fenton	FR Clemson	26:52.1	37
41	169 Tommy Kunish	JR Florida State	27:09.9	38
42	166 Danny Fritz	FR Florida State	27:14.8	39
43	123 Mike Prada	SO Maryland	27:17.9	40
44	164 Dan Clark	FR Florida State	27:22.8	42
44	135 Brendon Mahoney	SO Georgia Tech	27:22.8	41
46	168 Ryan Hicks	SO Florida State	27:32.6	43
47	114 Matt Sciandra	FR North Carolina	27:35.5	44
48	115 Matt Tabor	SO North Carolina	27:36.9	45
49	158 Travis Alexander	JR Clemson	27:38.0	46

Flash Results, Inc.

Hy-Tek's MEET MANAGER

10/28/00 11:40 AM Atlantic Coast Conference Championships

Page 2

Cross Country

NC State, Raleigh, NC - Saturday 10/28/00

Event 1 Men's 8,000 Meter Run

Results by Order of Finish - Saturday 10/28/00

RANK	COMP#	ATHLETE NAME	YR SCHOOL	TIME	SCORE
50	113	Terrance McRae	SO North Carolina	27:44.0	47
51	171	Nick Stuart	SO Florida State	27:47.5	48
52	159	Mike Barton	FR Clemson	27:47.6	49
53	109	Bobby Borbet	SO North Carolina	27:47.7	50
54	136	Neil McDonagh	FR Georgia Tech	27:55.9	51
55	110	Roger Donaghy	GR North Carolina	27:57.9	
56	117	Chris Ade	SO Maryland	28:16.2	52
57	163	Brantlee Milner	FR Clemson	28:39.3	53
58	170	Eric Ritchson	SO Florida State	28:43.6	54
59	120	Andy Gell	SO Maryland	28:56.5	55
60	137	Matt O'Brien	SR Georgia Tech	29:10.6	56
61	119	Francis Ciganek	FR Maryland	29:13.1	57
62	121	Andrew Langan	SO Maryland	29:23.3	58
63	124	Jeremy Ruff	FR Maryland	29:35.9	59

64	162 Nick Luden	FR Clemson	29:36.4	60
65	122 Jason Lufkin	FR Maryland	30:14.7	61
66	118 Tom Anderson	FR Maryland	30:44.6	
-	165 Brian Fleishman	JR Florida State	DNF	
-	138 Kyle Rabbitt	SR Georgia Tech	DNF	
-	151 Nick Mangum	FR NC State	DNF	
-	134 Brent Johnson	JR Georgia Tech	DNF	
-	139 Joe Stegall	SR Georgia Tech	DNF	

MEN'S TEAM SCORES

Rank	School	Total	1	2	3	4	5	*6	*7	*8	*9
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	Duke	39	1	3	9	12	14	23	31		
	Total time:	2:07:01.2									
	Average:	25:24.2									
2	NC State	49	5	6	10	11	17	21	33		
	Total time:	2:07:46.4									
	Average:	25:33.2									
3	Virginia	54	2	7	8	18	19	29	30		
	Total time:	2:07:54.7									
	Average:	25:34.9									
4	Wake Forest	84	4	15	16	24	25	27	28		
	Total time:	2:09:35.7									
	Average:	25:55.1									
5	North Carolina	163	20	22	32	44	45	47	50		
	Total time:	2:14:09.5									
	Average:	26:49.9									
6	Clemson	180	13	35	37	46	49	53	60		
	Total time:	2:14:45.6									
	Average:	26:57.1									
7	Florida State	188	26	38	39	42	43	48	54		
	Total time:	2:15:40.2									
	Average:	27:08.0									

Flash Results, Inc.

Hy-Tek's MEET MANAGER

10/28/00 11:40 AM Atlantic Coast Conference Championships
Cross Country

Page 3

NC State, Raleigh, NC - Saturday 10/28/00

Event 1 Men's 8,000 Meter Run
MEN'S TEAM SCORES

Rank	School	Total	1	2	3	4	5	*6	*7	*8	*9
------	--------	-------	---	---	---	---	---	----	----	----	----

=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
=====	=====										

8	Georgia Tech	218	34	36	41	51	56				
---	--------------	-----	----	----	----	----	----	--	--	--	--

Total time: 2:18:03.2

Average: 27:36.6

9	Maryland	262	40	52	55	57	58	59	61		
---	----------	-----	----	----	----	----	----	----	----	--	--

Total time: 2:23:07.0

Average: 28:37.4

Flash Results, Inc.

Hy-Tek's MEET MANAGER

10/28/00 11:34 AM Atlantic Coast Conference Championships
Cross Country

Page 1

NC State, Raleigh, NC - Saturday 10/28/00

Event 2 Women's 5,000 Meter Run
Results by Order of Finish - Saturday 10/28/00

RANK	COMP#	ATHLETE NAME	YR SCHOOL	TIME	SCORE
1	73	Shalane Flanagan	FR North Carolina	17:38.1	1
2	50	Sara Day	SR Wake Forest	18:03.1	2
3	65	Sheela Agrawal	SO Duke	18:15.5	3
4	78	Kim Timberlake	JR North Carolina	18:27.5	4
5	62	Christy Nichols	SR NC State	18:32.9	5
6	45	Sarah Folse	JR Virginia	18:36.1	6
7	63	Katie Sabino	JR NC State	18:43.3	7
8	59	Beth Fonner	JR NC State	18:51.0	8
9	39	Amy Pleckaitis	FR Florida State	18:52.4	9
10	61	Beth Kraft	JR NC State	18:53.1	10
11	74	Beth George	JR North Carolina	18:57.8	11
12	75	Victoria Jackson	FR North Carolina	19:01.0	12
13	57	Amy Beykirch	SR NC State	19:01.9	13
14	33	Brooke Bastien	JR Florida State	19:02.4	14
15	28	Amy Dock	SO Georgia Tech	19:06.1	15
16	71	Megan Sullivan	SR Duke	19:07.7	16
17	32	Sara Pardue	SR Georgia Tech	19:09.2	17
18	41	Dawn Cleary	SO Virginia	19:11.4	18
19	55	Risa Rutland	SO Wake Forest	19:12.8	19
20	43	Dana Coons	SR Virginia	19:12.9	20
21	66	Katie Atlas	JR Duke	19:18.0	21
22	53	Kathleen Kuhnert	SR Wake Forest	19:18.0	22
23	56	Becca Veenstra	FR Wake Forest	19:18.8	23
24	79	Rebecca Walker	JR North Carolina	19:21.5	24
25	60	Diana Henderson	FR NC State	19:23.4	25
26	54	Courtney Lancashire	SO Wake Forest	19:25.6	26
27	31	Renee Metivier	FR Georgia Tech	19:27.2	27
28	52	Nicole Kalogeropoulos	FR Wake Forest	19:29.2	28
29	37	Katie Jeffrey	SO Florida State	19:29.7	29
30	72	Maddy Woodmansee	JR Duke	19:30.7	30
31	48	Jessica Thomas	JR Virginia	19:32.7	31

32	44 Ellen Dwyer	SO Virginia	19:33.7	32
33	24 Erica Van Reenen	SR Clemson	19:34.4	33
34	47 Meg Schwartz	JR Virginia	19:34.6	34
35	58 Melinda Dubose	SO NC State	19:34.7	35
36	69 Lisa Nagorny	FR Duke	19:35.9	36
37	40 Kim Winn	SO Florida State	19:38.6	37
38	46 Meghan McGarvey	FR Virginia	19:43.9	38
39	34 Cynthia Campbell	SR Florida State	19:46.1	39
40	29 Amy Edwards	SR Georgia Tech	19:49.8	40
41	51 Erin Haugh	SR Wake Forest	19:53.1	41
42	49 Kelly Brady	SR Wake Forest	20:00.1	
43	76 Bobbie Munson	FR North Carolina	20:01.0	42
44	67 Allison Hoffman	FR Duke	20:04.2	43
45	27 Eboni Crosby	JR Georgia Tech	20:04.5	44
46	35 Andrea Dulmage	SO Florida State	20:05.8	45
47	42 Jeanna Composti	SO Virginia	20:06.9	
48	70 Laura Schmid	FR Duke	20:10.5	46
49	77 Jennie Sucher	FR North Carolina	20:15.3	47

Flash Results, Inc.

Hy-Tek's MEET MANAGER

10/28/00 11:34 AM Atlantic Coast Conference Championships

Page 2

Cross Country

NC State, Raliegh, NC - Saturday 10/28/00

Event 2 Women's 5,000 Meter Run

Results by Order of Finish - Saturday 10/28/00

RANK	COMP#	ATHLETE NAME	YR SCHOOL	TIME	SCORE
50	18	Meghan White	JR Maryland	20:18.0	48
51	68	Lauren Matic	FR Duke	20:19.9	
52	21	Jennifer Meador	SR Clemson	20:20.7	49
53	17	Keri Seher	SR Maryland	20:21.8	50
54	36	Misty Harper	SO Florida State	20:23.2	51
55	26	Rachael Caruso	SR Georgia Tech	20:26.2	52
56	19	Perry Fields	JR Clemson	20:31.4	53
57	12	Kelly Crowley	SR Maryland	20:39.4	54
58	16	Kristin Lubas	SO Maryland	20:45.0	55
59	64	Erin Swain	FR NC State	20:46.4	
60	14	Tami De Grechie	SR Maryland	20:52.4	56
61	20	Renee Keydoszius	FR Clemson	20:57.0	57
62	38	Beth Luekens	FR Florida State	20:58.9	
63	15	Eve Lerner	SR Maryland	21:08.2	58

64	30 Ashley Espy	SR Georgia Tech	21:10.8	59
65	11 Monique Berry	JR Maryland	21:35.0	60
66	25 Betsy Bulat	FR Georgia Tech	21:35.3	
67	22 Heather Nichols	FR Clemson	21:50.3	61
68	23 Kristi Toothman	FR Clemson	22:12.9	62
69	13 Lisa De Grechie	SR Maryland	23:04.5	
-	80 Whitney Weber	SO North Carolina	DNS	

WOMEN'S TEAM SCORES

Rank	School	Total	1	2	3	4	5	*6	*7	*8	*9
✓ 1	NC State	43	5	7	8	10	13	25	35		
	Total time:	1:34:02.2									
	Average:	18:48.4									
✓ 2	North Carolina	52	1	4	11	12	24	42	47		
	Total time:	1:33:25.9									
	Average:	18:41.1									
✓ 3	Wake Forest	92	2	19	22	23	26	28	41		
	Total time:	1:35:18.3									
	Average:	19:03.6									
✓ 4	Duke	106	3	16	21	30	36	43	46		
	Total time:	1:35:47.8									
	Average:	19:09.5									
5	Virginia	107	6	18	20	31	32	34	38		
	Total time:	1:36:06.8									
	Average:	19:13.3									
6	Florida State	128	9	14	29	37	39	45	51		
	Total time:	1:36:49.2									
	Average:	19:21.8									
7	Georgia Tech	143	15	17	27	40	44	52	59		
	Total time:	1:37:36.8									
	Average:	19:31.3									
8	Clemson	253	33	49	53	57	61	62			
	Total time:	1:43:13.8									
	Average:	20:38.7									

Flash Results, Inc.

Hy-Tek's MEET MANAGER

10/28/00 11:34 AM Atlantic Coast Conference Championships

Page 3

Cross Country

NC State, Raleigh, NC - Saturday 10/28/00

Event 2 Women's 5,000 Meter Run
WOMEN'S TEAM SCORES

Rank	School	Total	1	2	3	4	5	*6	*7	*8	*9
------	--------	-------	---	---	---	---	---	----	----	----	----

=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
=====	=====										

9	Maryland	263	48	50	54	55	56	58	60		
---	----------	-----	----	----	----	----	----	----	----	--	--

Total time: 1:42:56.6

Average: 20:35.3