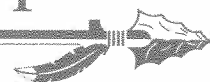




FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

DATE: October 2, 2003

CONTACT: Lauren Williams, (850) 644-5653, ljwillia@mailier.fsu.edu

URL: <http://www.fansonly.com/schools/fsu/sports/c-xc/spec-rel/100203aaa.html>

Seminole Cross Country Travels To Tampa For FLRunners.com Invite

Women look to increase their rankings while men look to challenge Florida schools for third first-place finish of the season.

Tallahassee, Fla. – The Florida State men's and women's cross country teams continue to build upon the success of the 2003 season with a trip to the FLRunners Invite to compete against other Florida colleges on Friday, October 3, 2003. The meet will be held at Ed Radice Sports Complex in Tampa, FL. The women will race at 4:55 p.m. and the men will race 5:25 p.m.

Bethune-Cookman, Eckerd, cross-town rival Florida A& M, Florida Atlantic, Florida Gulf Coast, Florida Memorial, Florida Southern, North Florida, Nova Southeastern, Palm Beach Atlantic, Rollins, Saint Leo, St. Thomas, Stetson, Tampa, Warner and Webber are all scheduled to race in the college division on Friday afternoon.

The Florida State University women's cross country squad was ranked No. 35 in the latest FinishLynx Women's Cross Country Rankings, released Monday, September 29. On the men's side, FSU is in fourth place in the NCAA South Region poll released by the U.S. Cross Country Coaching Association on September 29.

Last Friday, both teams competed at the Great American Cross Country Festival in Cary, N.C. The Lady Seminoles placed fourth in the highly competitive meet while Joep Tigchelaar led the men's squad to an 11th place finish.

The Garnet and Gold have maintained preseason expectations from fourth year head coach Bob Braman. On the women's side, they have started the season finishing among the top four schools in every meet. The Seminoles began the 2003 campaign with a second place finish at the Mountaineer Open, a first place victory at the Florida Intercollegiate Championships and earning a fourth place spot at the Great American Cross Country Festival. The Seminole men have two first place finishes during the season, at the Mountaineer Open and the Florida Intercollegiate Championships which was held in Tallahassee.

www.seminoles.com



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

DATE: October 4, 2003

CONTACT: Lauren Williams, (850) 644-5653, ljwillia@mailers.fsu.edu

URL: <http://seminoles.ocsn.com/sports/c-xc/recaps/100403aaa.html>

Seminole Cross Country Races At FLRunners.com Invite

Women's B squad races to fifth place finish among Florida Schools.

Tallahassee, Fla. - The Florida State women's cross country 'B' squad competed yesterday evening in Tampa at the FLRunners.com Invite. FSU placed fifth out of 16 teams with 142 points and an average time of 20:54.95.

The Seminoles were led by senior Mari Leitner who finished with a time of 20:14.63 followed by newcomer Adrienne Lufkin finishing at a pace of 20:42.22. Placing third, fourth and fifth for the Garnet and Gold were junior Sydney Mondragon (21:06.36), freshman Tina Biedenharn (21:10.78) and Stefanie Belcher (21:23.05). Rounding out the scoring for the Noles were sophomore Claudia Dorvillus (21:53.24) and junior Amanada Jordan (22:07.28).

Florida State is back in action October 11 at the Disney Invitational in Lake Buena Vista, FL.

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flrunners.com Invitational IV

10/3/2003 - 10/4/2003 - Ed Radice Park, Tampa, FL

[flrunners.com Invitational IV Front Page](#)

College Women

Event 1 Women 5k Run CC College

Name	Year School	Avg Mile	Finals	Points
1 Allison Mascas	SO Tampa	5:44.6	17:50.65	1
2 Romy Krueger	SR North Florida	5:49.3	18:05.22	2
3 Dee Dee Haeftling	JR Tampa	5:57.0	18:28.99	3
4 Claudia Beitel	Florida Atlantic	5:59.9	18:37.94	4
5 Elizabeth Bragg	JR Tampa	6:03.7	18:49.84	5
6 Laura Magee	SR North Florida	6:04.7	18:53.02	6
7 Monika Grabowiecka	FR Florida Atlantic	6:06.0	18:56.91	7
8 Evelyn Rojas	JR Warner	6:06.7	18:59.07	8
9 Nicole Posey	SO North Florida	6:08.0	19:03.20	9
10 Amber Littleton	JR North Florida	6:10.6	19:11.23	10
11 Lupe Merlos	SR St. Thomas U.	6:10.8	19:11.77	
12 Michelle Kendall	Unattached	6:12.8	19:18.10	
13 Kelly Price	JR North Florida	6:15.1	19:25.37	11
14 Rachel Anderson	FR Florida Southern	6:20.0	19:40.43	12
15 Elizabeth Leigh	JR North Florida	6:20.9	19:43.39	13
Erin Wilson	JR Tampa	6:23.5	19:51.45	14
17 Kimi Rucks	JR Florida Southern	6:24.6	19:54.69	15
18 Amber Smith	FR North Florida	6:27.1	20:02.67	16
19 Beth Figlesthaler	FR Florida Southern	6:27.3	20:03.17	17
20 Amy Springer	JR Florida Atlantic	6:28.5	20:06.98	18
21 Mari Leitner	SR Florida State	6:30.2	20:12.31	19
22 Casey Paffie	SO North Florida	6:31.0	20:14.63	
23 Golden Creavy	FR North Florida	6:31.6	20:16.67	
24 Lauren Brown	FR Eckerd	6:32.4	20:18.97	20
25 Carolyn Johnstone	JR Florida Gulf Coast	6:33.6	20:22.79	21
26 Kim Dunker	SO Tampa	6:36.6	20:32.06	22
27 Artemis Saridakis	FR Florida Atlantic	6:37.7	20:35.41	23
28 Elisabeth Garcia	SO Warner	6:39.7	20:41.61	24
29 Adrienne Lufkin	FR Florida State	6:39.9	20:42.22	25
30 Raynell Hagberg	SO Florida Atlantic	6:40.1	20:42.81	26
31 Angela Morando	JR North Florida	6:41.7	20:48.02	
32 Michelini Francesca	JR Saint Leo	6:43.1	20:52.27	27
33 Megan Williams	SO Eckerd	6:43.9	20:54.77	28
34 Danielle Bass	SO Florida A&M	6:46.2	21:01.86	29
35 Sydney Mondragon	JR Florida State	6:47.6	21:06.36	30
36 Katy Stefan	FR Eckerd	6:47.8	21:06.91	31
37 Rebekah Lindsey	FR North Florida	6:48.7	21:09.59	
38 Myers Kim	SR Tampa	6:48.9	21:10.19	32
39 Tina Biedenbarn	FR Florida State	6:49.1	21:10.78	33
40 Julie Halsey	SO Eckerd	6:51.8	21:19.32	34
41 Stefanie Belcher	FR Florida State	6:53.0	21:23.05	35
42 Crystal McKinney	JR Florida A&M	6:53.2	21:23.53	36
43 Katie Goppert	FR Florida Southern	6:53.3	21:23.80	37
44 Anabell Montes	JR Warner	6:54.4	21:27.37	38
45 Lindsay Thomas	SO Florida A&M	6:56.0	21:32.47	39
46 dana mesa	JR Palm Beach Atlantic	6:57.9	21:38.22	40
47 Robyn Smith	FR Bethune-Cookman	6:58.7	21:40.60	41
Sandra Syriac	FR St. Thomas U.	6:59.6	21:43.63	
Desiree Lachance	SO Tampa	6:59.8	21:44.04	42
50 Meghan Ryan	SR Stetson	7:00.8	21:47.32	43
51 Abby Moore	SR Florida Atlantic	7:01.0	21:48.01	44
52 Joanne Zammito	JR Warner	7:01.4	21:49.21	45

53 Claudia Dorvillus	SO Florida State	7:02.7	21:53.24	46
54 Evie de la Vega	SO Stetson	7:04.3	21:58.12	47
55 Betsy Whittington	SO Eckerd	7:05.0	22:00.39	48
56 Katrina Strickland	SR Bethune-Cookman	7:05.9	22:03.22	49
Lindsey Garven	FR Florida Gulf Coast	7:06.1	22:03.59	50
Amanda Jordan	JR Florida State	7:07.3	22:07.28	51
59 Emily Johnson	FR Florida Gulf Coast	7:07.5	22:08.10	52
60 Erin Mayros	SO Florida Atlantic	7:08.1	22:09.87	53
61 Tara Calderbank	JR Stetson	7:08.4	22:10.98	54
62 Katie Peters	SO Florida Southern	7:09.0	22:12.65	55
63 Kristin Walls	FR Florida State	7:09.1	22:13.14	
64 Taccara Mauldin	SR Warner	7:10.9	22:18.70	56
65 Amy Coburn	Unattached	7:11.1	22:19.37	
66 Elizabeth Arthur	FR Rollins	7:14.1	22:28.45	57
67 Jessica Simons	SO Stetson	7:14.3	22:29.28	58
68 Kara Baca	SR Nova Southeastern	7:16.2	22:35.10	59
69 Joyce Villanueva	SO Tampa	7:19.5	22:45.44	
70 Griselda Perez	SR St. Thomas U.	7:19.9	22:46.70	
71 Joslyne Scofield	FR Webber	7:20.9	22:49.81	60
72 Candace Walls	FR Florida State	7:21.3	22:51.01	
73 Jackie Kelly	SR Eckerd	7:22.1	22:53.27	61
74 Jennifer Ford	SO Stetson	7:23.7	22:58.40	62
75 Jeanna Dorcelin	FR Florida A&M	7:24.1	22:59.72	63
76 Natalee Hayes	JR Rollins	7:25.0	23:02.36	64
77 Ashley St. Pierre	SO Tampa	7:25.4	23:03.69	
78 Becky Ostroski	JR Tampa	7:27.2	23:09.35	
79 melanie Ladenheim	Saint Leo	7:29.9	23:17.67	65
80 Lyndsey Kelley	FR Stetson	7:31.9	23:24.01	66
81 Antoinette Savino	SO Florida Gulf Coast	7:37.9	23:42.49	67
82 Valonne Givens	FR Bethune-Cookman	7:38.7	23:45.05	68
83 darah valiville	FR Florida A&M	7:38.8	23:45.32	69
84 Tiffany Harris	JR Florida A&M	7:39.3	23:46.72	70
85 Tiffany Gordon	FR Bethune-Cookman	7:41.5	23:53.69	71
86 Sarah Swiss	FR Rollins	7:41.8	23:54.53	72
87 Morgan Holstein	FR Stetson	7:44.3	24:02.37	73
88 Lydia Brathwaite	JR Florida A&M	7:45.9	24:07.51	74
89 Cassie Nesbitt	SO Tampa	7:46.1	24:07.97	
Maria Martin	SR Saint Leo	7:46.2	24:08.26	75
Cinnamon Morrison	FR North Florida	7:46.3	24:08.49	
92 Marybeth Morrison	JR Saint Leo	7:46.4	24:08.80	76
93 Agness Chirchir	JR Warner	7:47.1	24:11.17	77
94 candia williams	JR Florida Memorial	7:48.9	24:16.77	
95 melissa johnston	FR Palm Beach Atlantic	7:51.8	24:25.68	78
96 Niezllinski Scarlett	SR Tampa	7:53.1	24:29.84	
97 Noel Welker	FR Florida Southern	7:53.7	24:31.70	79
98 heidi Kemp	SR Palm Beach Atlantic	7:54.5	24:33.96	80
99 Amber Getz	JR Saint Leo	7:55.5	24:37.31	81
100 Camile Leone	FR Tampa	7:57.5	24:43.34	
101 Erika Long	FR Florida Gulf Coast	7:57.9	24:44.54	82
102 Tasheka Folkes	SO Tampa	8:02.5	24:58.86	
103 Crystal Haynes	JR Webber	8:02.6	24:59.23	83
104 Hansnide Oscar	JR Webber	8:03.0	25:00.53	84
105 Julee Albury	SR Palm Beach Atlantic	8:03.2	25:00.99	85
106 Amanda Sullivan	FR Nova Southeastern	8:08.3	25:17.05	86
107 Katie Seigal	FR Rollins	8:08.9	25:18.95	87
108 Megan Berggren	FR Florida Atlantic	8:16.3	25:41.83	
109 Elizabeth Cartwright	SR Rollins	8:18.3	25:47.93	88
110 Angelina Ramos	FR Florida State	8:22.7	26:01.58	
111 Valerie Gimenez	SR St. Thomas U.	8:31.1	26:27.86	
112 April Neuhart	SO Palm Beach Atlantic	8:34.6	26:38.67	89
113 Mary Apio	SO Bethune-Cookman	8:38.9	26:52.04	90
114 Lindsey Fulcher	SR Nova Southeastern	8:41.1	26:58.71	91
115 Janine Speir	JR Palm Beach Atlantic	8:43.6	27:06.73	92
116 Rachel Bethel	SR Bethune-Cookman	8:44.2	27:08.58	93
117 Inesha Simmons	FR Warner	8:55.2	27:42.63	94
118 P.J. Pringle	SO Webber	8:56.6	27:46.98	95
119 Denise Menter	FR Webber	8:56.9	27:48.01	96
120 Nakia Daniels	FR Florida A&M	8:59.3	27:55.55	
121 Jenn Heath	SR Nova Southeastern	9:07.6	28:21.06	97
122 Channel Ray	SR Bethune-Cookman	9:12.9	28:37.51	98
Daniella Houston	FR Florida A&M	9:20.0	28:59.60	
124 jeanette miraglia	SO Saint Leo	9:29.7	29:29.72	99
125 Danielle Walter	SO Saint Leo	9:33.2	29:40.75	100
126 Cathy Lynch	SR Nova Southeastern	9:43.2	30:11.65	101

127 Kellie Carswell	SR Florida Gulf Coast	9:47.4	30:24.79	102
128 Abigail McCaughey	FR Bethune-Cookman	10:00.4	31:05.14	
129 Yanique Booth	FR Florida Memorial	10:36.7	32:58.02	
130 Shanna-Kay Campbell	FR Florida Memorial	10:36.8	32:58.20	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	DI	*R
1	North Florida	38	2	6	9	10	11	13	16	II	10 th
	Total Time: 1:34:38.04										
	Average: 18:55.61										
2	Tampa	45	1	3	5	14	22	32	42	II	23 rd
	Total Time: 1:35:32.99										
	Average: 19:06.60										
3	Florida Atlantic	78	4	7	18	23	26	44	53	I	—
	Total Time: 1:39:00.05										
	Average: 19:48.01										
4	Florida Southern	136	12	15	17	37	55	79		II	
	Total Time: 1:43:14.74										
	Average: 20:38.95										
5	Florida State	142	19	25	30	33	35	46	51	I	24
	Total Time: 1:44:34.72										
	Average: 20:54.95										
6	Eckerd	161	20	28	31	34	48	61		II	
	Total Time: 1:45:40.36										
	Average: 21:08.08										
7	Warner	171	8	24	38	45	56	77	94	NAIA	
	Total Time: 1:45:15.96										
	Average: 21:03.20										
8	Florida A&M	236	29	36	39	63	69	70	74	I	—
	Total Time: 1:50:42.90										
	Average: 22:08.58										
9	Stetson	264	43	47	54	58	62	66	73	I	—
	Total Time: 1:51:24.10										
	Average: 22:16.82										
10	Florida Gulf Coast	272	21	50	52	67	82	102		II	
	Total Time: 1:53:01.51										
	Average: 22:36.31										
11	Bethune-Cookman	319	41	49	68	71	90	93	98	I	—
	Total Time: 1:58:14.60										
	Average: 23:38.92										
12	Saint Leo	324	27	65	75	76	81	99	100	II	—
	Total Time: 1:57:04.31										
	Average: 23:24.87										
13	Rollins	368	57	64	72	87	88			II	—
	Total Time: 2:00:32.22										
	Average: 24:06.45										
14	Palm Beach Atlantic	372	40	78	80	85	89	92		III	—
	Total Time: 2:02:17.52										
	Average: 24:27.51										
15	Webber	418	60	83	84	95	96			NAIA	—
	Total Time: 2:08:24.57										
	Average: 25:40.92										
16	Nova Southeastern	434	59	86	91	97	101			II	—
	Total Time: 2:13:23.57										
	Average: 26:40.72										