



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

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URL: <http://www.fansonly.com/schools/fsu/sports/c-xc/recaps/110103aaa.html>

FSU Cross Country Challenges History at ACC Championships

Men finish in second place, shattering history, while senior Vicky Gill leads Noles with a second place finish.

Tallahassee – The Florida State men's and women's cross country teams traveled to Winston-Salem, NC to face conference opponents in the 2003 ACC Championships. The men's team finished in second place behind perennial champion No. 17 N.C State with 104 points. The FSU women matched their highest finish, placing fifth with 135 points.

On the women's side, senior Vicky Gill ran steadily in the lead pack to finish second, behind defending national champion North Carolina's Shalane Flanagan. Gill finished 27 seconds behind her with a time of 19:49.5.

Junior Joep Tigchelaar led the Tribe, placing fourth overall en route to his third All-ACC nod in as many seasons. Junior transfer Ian Hornabrook crossed the tape eighth overall earning his first All-ACC honor.

"With N.C. State being so good our main goal was to run together and go after the title," said fourth year head coach Bob Braman.

"The guys ran really well today. Our highest prior to this was fifth so we're very happy with this finish in addition to our two All-Conference honorees. We're extremely happy. We went up ten points from last year which is definitely a progression," said Braman.

Tigchelaar has been a strong force for FSU since his freshman year. One of only two Noles from last season running in this year's meet has set the pace for the Noles all season. He was named ACC Freshman of the Year in addition to earning a spot on the All-ACC team in 2001. In his sophomore season, he finished sixth overall at the ACC Championships meet, placed fifth in the NCAA South Regionals and earned a spot at nationals.

This season, even with a strong supporting class, he leads the pack. The Macharen, Netherlands native placed 16th overall at the Great American Cross Country Festival,

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leading FSU with a time of 26:14.3. In the Noles history setting ninth place finish two weeks ago at NCAA Pre-Nationals, he cleared the 8K course in a personal collegiate best time of 24:03.1, good for 27th place overall.

Hornabrook comes from Rend Lake Community College in Ina, Illinois. He is a two-time NJCAA Division II Cross Country Champion (2001 and 2002) originally from Queensland, Australia. This season, Hornabrook has a twelfth place finish in a time of 15:56.9 at the Mountaineer Open and a fourth place finish in a time of 25:11:55 at the Florida Intercollegiate Championships. At the Great American Cross Country Festival, Hornabrook finished 46th overall and second for FSU in a time of 26:49. At the NCAA Pre-Nationals, Hornabrook finished in 77th place (24:42.2), a collegiate best.

“Ian ran his best race for us. He really came through running his lifetime best on a tough course,” said Braman.

Sophomore Kevin Cook finished 14th overall after a 37th place mark last season. Cook finished the hilly course in 25:01.3. Freshman Luke Beevor rounded out the top 20 finishes with a time of 25:16.1, good for 18th place.

Adding to the men’s scoring platoon were junior transfer Eddy Rodriguez finishing 22nd in a time of 25:24.5, Tom Lancashire who ran his best time of the year placing 43rd in a time of 26:01.5 and junior Shawn Patterson who crossed the line in 26:59.1.

“To get Kevin Cook in the top 15 shows that he can run with the good people. Luke was someone we couldn’t have done it without. He ran for us today through an injury. Tom also ran well, running his best race of the year. By season’s end, he’ll be there to help us out,” said Braman.

The North Carolina women's cross country team won the 2003 ACC Cross Country Championship with 40 points. Senior Shalane Flanagan finished first as she won her fourth consecutive ACC title with a time of 19:22.8 in the 6k race. Overall, the Seminole women tied their prior ACC Championships high of fifth place.

“On the women’s side, Gill ran a lifetime best. I’m so proud of her. She runs so well. She stayed with Shalane and tried to beat her. For most of the race, she was eight seconds behind her and fell back at the end,” said Braman of the Lancashire, England native.

Other finishers for FSU were junior Natalie Hughes, junior Anne Clinton, senior Helen Hofstede, freshman Heather Clark, senior Rachel Marsh and sophomore Jenny Gomez. Hughes finished in a time of 21:34.3 for 24th place, Clinton, crossed the tape in a time of 21:56.3, placing 32nd, and Hofstede who placed 38th in a time of 22:12.6. Clark (39th, 22:15.4), Marsh (42nd, 22:19.0) and Gomez (46th, 22:51.7) rounded out the scoring for the Noles.

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"Natalie and Helen, our solid 2-3, were under the weather today, which made it tough on them. Anne Clinton, Rachel Marsh and Jenny Gomez ran lifetime bests. For our 5-6-7, to run well overall against the top teams in the country makes the difference," said Braman.

Today, neither team hurt their chances for Regionals or Nationals. They supported their case especially racing against a group that consists of many of the top teams in the country. Going into this, we knew this was the beginning. We all know we have to run well at Regionals in two weeks. That's where our focus is," concluded Braman.

The next step in the championship season for Florida State is the NCAA South Regionals on November 15, 2003 in Auburn, AL.

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Braman Earns ACC Coaching Honors

Florida State head cross country coach Bob Braman was awarded the ACC Men's Cross Country Coach of the Year.

Tallahassee - Fourth year head cross country coach Bob Braman was selected as the 2003 Atlantic Coast Conference Men's Cross Country Coach of the Year this afternoon. Braman was chosen by fellow ACC coaches after leading the FSU squad to a second place finish (66 points), their second highest since joining the ACC in 1991.

"I always look at it as a team award because it reflects on them. We've moved up and we've done a good job," said Braman.

Braman, who was also named head track and field coach in the offseason, was helped by juniors Joep Tigchelaar and Ian Hornabrook, both who were named to the All-ACC team. Tigchelaar placed fourth while Hornabrook finished eighth, running a collegiate best time at the ACC Conference Championships.

"It's an honor that other coaches saw how hard they worked and how much they progressed. It's great and this is one step in what we're trying to do for the program," said Braman.

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2003 ACC CROSS COUNTRY

November 1, 2003

Wake Forest University, Winston-Salem, N.C.

Schedule of Events:

Men's Race 8K 10:00 a.m.
Women's Race 6K 11:00 a.m.

The awards ceremony will begin upon completion of the women's race. Both championship teams will be honored, as well as All-ACC finishers (top ten runners in each race).

Media Information:

-- Jeremy Hoffman of the Wake Forest Media Relations office will serve as the media coordinator for the championships. He can be reached at (336) 758-5640 or via email at hoffmajm@wfu.edu.

-- Please contact Jeremy Hoffman for a credential application if you plan to attend the championship.

-- Championship results will be faxed to each ACC school following the awards ceremony. Any special requests should be discussed with Jeremy Hoffman as early as possible.

49th Annual ACC Men's Cross Country Championship Results

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

Rookie of the Year: Bryce Muiz, NC State
Coach of the Year: Rollie Geiger, NC State

2002 ACC Men's All-Conference Team

David Patterson	NC State
Devin Swann	NC State
Ricky Brookshire	NC State
Jason Meany	Clemson
David Christian	NC State
Kurtis Marlowe	NC State
Joep Tigchelaar	Florida State
Michael Hatch	Duke
Nick Schneider	Duke
Chris Williams	Duke

24th Annual ACC Women's Cross Country Championship Results

1.	NC State	61
	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

Rookie of the Year: Clara Horowitz, Duke
Coach of the Year: Annie Bennett, WF

2002 ACC Women's All-Conference Team

Shalane Flanagan	North Carolina
Vicky Gill	Florida State
Kristin Price	NC State
Anne Bersagel	Wake Forest
Clara Horowitz	Duke
Josi Lauber	NC State
Kara Scanlin	Virginia
Risa Rutland	Wake Forest
Kristina Roth	NC State
Jane Maxwell	Virginia

Ticker Timing

Hy-Tek's Meet Manager

2003 ACC - 11/1/2003
 Cross Country Championships
 Wake Forest University, Winston-Salem, NC
 Last Completed Event

Event 2 Men 8k Run CC

Top 10 FinishLynx Image

Name	Year School	Finals	Points
1 Andy Smith	JR NC STATE	24:13.1	1
2 Chad Pearson	SR NC STATE	24:19.6	2
3 Will Christian	JR VIRGINIA	24:21.6	3
4 Joep Tigchelaar	JR FLORIDA STATE	24:24.7	4
5 Devin Swann	SR NC STATE	24:34.2	5
6 Peter Hess	FR MARYLAND	24:35.1	6
7 Sean Stevens	SO WAKE FOREST	24:36.2	7
8 Ian Hornabrook	JR FLORIDA STATE	24:39.7	8
9 Allen Bader	FR NC STATE	24:40.1	9
10 Wesley Smith	FR NC STATE	24:41.2	10
11 Kyle Rabbitt	SR GEORGIA TECH	24:42.1	11
12 Scott Shaw	SR CLEMSON	24:53.1	12
13 Bobby Mack	FR NC STATE	24:55.7	13
14 Kevin Cook	SO FLORIDA STATE	25:01.3	14
15 Ricky Brookshire	JR NC STATE	25:04.8	15
16 Andy Filachek	SR VIRGINIA	25:07.4	16
17 Brian McGovern	JR NORTH CAROLINA	25:12.9	17
18 Luke Beevar	FR FLORIDA STATE	25:16.1	18
19 Walton Kingsbery	SR VIRGINIA	25:20.1	19
20 Adam Ambrus	JR MARYLAND	25:20.6	20
21 Ryan Neuhart	JR VIRGINIA	25:21.8	21
22 Eddie Rodriguez	JR FLORIDA STATE	25:24.5	22
23 Dave Barrett	SR WAKE FOREST	25:25.5	23
24 Dave Vitto	JR VIRGINIA	25:25.8	24
25 Nick Schneider	JR DUKE	25:30.9	25
26 Matt Clark	FR CLEMSON	25:35.0	26
27 Brendon Mahoney	SR GEORGIA TECH	25:36.7	27
28 Mike Prada	SR MARYLAND	25:38.5	28
29 Itay Magidi	FR CLEMSON	25:42.5	29
30 Brandon Bartholomew	JR WAKE FOREST	25:44.1	31
30 Matt Pimentel	JR CLEMSON	25:44.1	30
32 Christan Duvall	FR GEORGIA TECH	25:44.3	32
32 Ryan Fenton	JR CLEMSON	25:44.3	33
34 Matt Sciandra	JR NORTH CAROLINA	25:45.4	34
35 Chas Salmen	SO DUKE	25:46.5	35
36 David Christian	SR NC STATE	25:50.7	
37 James Atchison	JR VIRGINIA	25:54.0	36
38 Matt Gutridge	SO VIRGINIA	25:55.8	37
39 Chris Elder	JR WAKE FOREST	25:56.4	38
40 Matt Daly	JR NORTH CAROLINA	25:57.0	39
41 Nathan Sisco	SR WAKE FOREST	25:58.5	40
42 David Herren	FR GEORGIA TECH	26:00.8	41
43 Tom Lancashire	FR FLORIDA STATE	26:01.5	42
44 Morgan Clark	SR DUKE	26:05.8	43
45 Rob Robertson	SO NORTH CAROLINA	26:06.7	44
46 Neil McDonagh	SR GEORGIA TECH	26:11.9	45
47 Derrick Wyat	JR CLEMSON	26:13.3	46
48 Keith Krieger	FR DUKE	26:14.4	47
49 David Smith	JR CLEMSON	26:15.7	48
50 Robert Borbet	GR NORTH CAROLINA	26:17.9	49
51 Jesse Rappole	JR NORTH CAROLINA	26:21.1	50
52 Scott Price	SR NORTH CAROLINA	26:23.0	51

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	NC STATE Total Time: 2:02:28.20 Average: 24:29.64	27	1	2	5	9	10	13	15		
2	FLORIDA STATE Total Time: 2:04:46.30 Average: 24:57.26	66	4	8	14	18	22	42	60		
3	VIRGINIA Total Time: 2:05:36.70 Average: 25:07.34	83	3	16	19	21	24	36	37		
4	CLEMSON Total Time: 2:07:39.00 Average: 25:31.80	130	12	26	29	30	33	46	48		
5	WAKE FOREST Total Time: 2:07:40.70 Average: 25:32.14	139	7	23	31	38	40	52	58		
6	GEORGIA TECH Total Time: 2:08:15.80 Average: 25:39.16	156	11	27	32	41	45	55	63		
7	MARYLAND Total Time: 2:08:51.70 Average: 25:46.34	161	6	20	28	53	54	59	61		
8	NORTH CAROLINA Total Time: 2:09:19.90 Average: 25:51.98	183	17	34	39	44	49	50	51		
9	DUKE Total Time: 2:10:26.50 Average: 26:05.30	206	25	35	43	47	56	57	62		

Ticker Timing

Hy-Tek's Meet Manager

2003 ACC - 11/1/2003
 Cross Country Championships
 Wake Forest University, Winston-Salem, NC
 Last Completed Event

Event 1 Women 6k Run CC
 Top 10 FinishLynx Image

Name	Year School	Finals	Points
1 Shalane Flanagan	SR NORTH CAROLINA	19:22.8	1
2 Vicky Gill	SR FLORIDA STATE	19:49.5	2
3 Carol Henry	SO NORTH CAROLINA	20:06.1	3
4 Julia Lucas	SO NC STATE	20:41.0	4
5 Lucinda Hull	SR NC STATE	20:42.1	5
6 Renee Gunnig	SR NC STATE	20:48.7	6
7 Anna Sherman	JR WAKE FOREST	20:54.7	7
8 Jane Maxwell	SR VIRGINIA	20:56.4	8
9 Michelle Sikes	FR WAKE FOREST	20:56.5	9
10 Jessica Perry	SO NORTH CAROLINA	20:58.7	10
11 Annie Bersagel	JR WAKE FOREST	21:03.9	11
12 Meghan Owen	FR NORTH CAROLINA	21:05.8	12
13 Amy Arnold	FR NC STATE	21:06.8	13
14 Megan Kaltenbach	FR NORTH CAROLINA	21:09.0	14
15 Hanna Bremner	SO WAKE FOREST	21:09.8	15
16 Josi Lauber	JR NC STATE	21:10.2	16
17 Natasha Roetter	SO DUKE	21:10.8	17
18 Kara Price	JR NC STATE	21:15.9	18
19 Erin Donohue	JR NORTH CAROLINA	21:20.9	19
20 Erin Franklin	SO WAKE FOREST	21:21.1	20
21 Angie Saterstad	FR VIRGINIA	21:27.7	21
22 Sally Meyerhoff	SO DUKE	21:30.5	22
23 Selena Seklic	FR WAKE FOREST	21:30.7	23
24 Natalie Hughes	JR FLORIDA STATE	21:34.3	24
25 Kristina Roth	SO NC STATE	21:36.1	25
26 Laura Stanley	SO DUKE	21:36.1	26
27 Shannon Rowbury	SO DUKE	21:37.1	27
28 Claudin Hull	SR NC STATE	21:37.9	
29 Heidi Hullinger	SR DUKE	21:39.3	28
30 Kristin Stroupe	FR NORTH CAROLINA	21:42.1	29
31 Allison Carney	SO MARYLAND	21:45.0	30
32 Katie Griffin	SR GEORGIA TECH	21:53.3	31
33 Anne Clinton	JR FLORIDA STATE	21:56.3	32
34 Elle Pishny	FR DUKE	21:57.6	33
35 Danielle Siebert	SO MARYLAND	21:58.2	34
36 Phebe Ko	JR DUKE	21:59.7	35
37 Shannon Hawrylo	SO VIRGINIA	22:01.5	36
38 Jolene Hampson	SR VIRGINIA	22:04.4	37
39 Paige Miller	JR DUKE	22:06.4	
40 Helen Hotstede	SR FLORIDA STATE	22:12.6	38
41 Heather Clark	FR FLORIDA STATE	22:15.4	39
42 Cheryl Carr	JR VIRGINIA	22:17.9	40
43 Lisa Gibbs	SO WAKE FOREST	22:18.5	41
44 Rachel Marsh-Springer	SR FLORIDA STATE	22:19.0	42
45 Jennie Sucher	JR NORTH CAROLINA	22:20.3	
46 Kelly Behan	SR VIRGINIA	22:22.1	43
47 Catherine Fortin-Major	SR WAKE FOREST	22:33.9	
48 Nadia Baadj	SO VIRGINIA	22:36.3	44
49 Kim Smith	SR MARYLAND	22:36.6	45
50 Jenny Gomez	SO FLORIDA STATE	22:51.7	46
51 Laurel Jefferson	FR MARYLAND	22:57.3	47
52 Kirby Cross	FR GEORGIA TECH	22:59.0	48

