

FLORIDA STATE UNIVERSITY
2003 CROSS COUNTRY SCHEDULE

8/29	Appalachian State Invitation	Boone, NC
9/12	Florida Intercollegiate Championships	Tallahassee, FL
9/20	Across the State Relay	Daytona Beach, FL
9/26	Great American Cross Country Festival	Raleigh, NC
10/4	FLRunners.com Invitational	Tampa, FL
10/11	Disney Invitational	Orlando, FL
10/18	NCAA Pre-National Meet	Cedar Falls, IA
11/1	ACC Championships	Winston-Salem, NC
11/15	NCAA South Regional Championships	Auburn, AL
11/24	NCAA National Championships	Cedar Falls, IA

2003 Cross Country Quick Facts:

Florida State University

Location:	Tallahassee, Florida
Founded:	1851
Enrollment:	35,462
Symbol:	Seminoles
School Colors:	Garnet and Gold
President:	T.K. Wetherell

Florida State Athletics

Affiliation:	NCAA Division I
Conference:	Atlantic Coast (ACC)
Athletics Director:	Dave Hart, Jr.
Sports Information Director	Rob Wilson
Cross Country SID:	Lauren Williams
E-mail:	ljwillia@mailier.fsu.edu
SID Phone:	850-644-5653
SID Fax:	850-644-3820
Website:	www.seminoles.com www.fsutrack.com
Mailing Address:	P.O. Drawer 2195 Tallahassee, FL 32316

Florida State Cross Country

Home Facility:	Miccosukee Greenway
Head Coach:	Bob Braman (Florida '80)
Assistant Coaches (M):	Jackie Richards (New Mexico '98) Chuck Vogel (Notre Dame '90)
Assistant Coaches (W):	Jackie Richards (New Mexico '98) Peter Ornsby (Elon University '98)
Graduate Assistants (M/W):	John Guarino (Georgia Tech '93) Althea Belgrave (Univ. of Idaho '97)

2002-2003 Season Review

ACC Championships:	Men - 5 th Place Women - 6 th Place
NCAA Cross Country Regional Championships:	Men - 4 th Place Women - 2 nd Place
NCAA Cross Country National Championships:	Women - 28 th Place

Florida State University 2003 Men's Cross Country Team

Jordan Adler	Fr	Miami, FL	Gulliver Preparatory
Andrew Bautel	Jr	Ocala, FL	Vanguard HS
Luke Beevor	Fr	Luton, England	Icknield HS
JP Cook	Fr	Stuart, FL	Martin County HS
Kevin Cook	So	Fern Park, FL	Lyman HS
Eric Critzer	Fr	Falmouth, MA	Falmouth HS
Nate Davis	R-Jr	Largo, FL	Largo HS
Steve DiBari	R-Fr	Palm City, FL	Martin County HS
Ian Hornabrook	Jr	Queensland, Australia	Southport/Rend Lake College
Matt Kalinski	Sr	Greenwich, CT	Central Connecticut State U.
Tom Lancashire	Fr	Bolton, England	Turton HS
Joseph Madiedo	Fr	Tampa, FL	Tampa Jesuit HS
Chris Nickinson	Fr	Pensacola, FL	Booker T. Washington HS
Thomas Noyes	Fr	North Canton, Ohio	Hoover HS
Shawn Patterson	Jr	Valparaiso, FL	Niceville HS
Edwardo Rodriguez	Jr	Miami, FL	Florida International Univ.
Hebbie Thiele	Fr	Tallahassee, FL	Lawton Chiles HS
Joep Tigchelaar	Jr	Macharen, Netherlands	Titus Brandsmalyceum
Nathan Timm	Sr	Marion, IL	Marion HS
Lars Tveter	Sr	Oslo, Norway	UT-Chattanooga
Jim Van Veen	Sr	Satellite Beach, FL	Satellite HS
Michael Walsh	Fr	Bradenton, FL	Lakewood Ranch HS
A.J. Wilson	So	Pensacola, FL	Pine Forest HS

Head Coach:	Bob Braman (Florida '80)
Assistant Coaches:	Jackie Richards (New Mexico '98) Chuck Vogel (Notre Dame '90)
Graduate Assistant:	John Guarino (Georgia Tech '93)
Volunteer Assistant:	Wade Brett (Florida State '02)

2003 Florida State University Women's Cross Country Team

Carla Agnew	Fr	Oshawa, Ontario	McLaughlin HS
Stefanie Bechler	Fr	Libertyville, IL	Libertyville HS
Tina Biedenharn	Fr	Orange Park, FL	Ridgeview HS
Christina Boekhout	Fr	Merritt Island, FL	Merritt Island HS
Heather Clark	Fr	Brewer, Maine	Brewer HS
Anne Clinton	Jr	Richmond, IN	Richmond HS
Abbie Day	So	Winter Park, FL	Lake Howell HS
Claudia Dorvillus	So	Naples, FL	Naples HS
Brianne Frarrer	So	Naples, FL	St. John Newmann HS
Tracy Friedlander	So	Miami, FL	Ransom Everglades HS
Terra Goebel	Jr	Palm Coast, FL	Flagler Palm Coast HS
Jenny Gomez	So	Miami, FL	Lourdes Academy
Helen Hofstede	Sr	Hooghaerspel, Netherlands	RSG Enhhuizen
Janet Howard	Jr	Clearwater, FL	Clearwater Central Catholic
Natalie Hughes	Jr	Grand Junction, CO	Palisade HS
Amanda Jordan	R-So	Oklahoma City, OK	Bishop McGuinness HS
Mari Leitner	Jr	Pensacola, FL	Washington HS
Adrienne Lufkin	Fr	St. Petersburg, FL	Lakewood HS
Rachel Marsh	R-So	Kissimmee, FL	Osceola HS
Sydney Mondragon	Jr	Pueblo, CO	South HS
Kara Newell	So	Tallahassee, FL	Maclay School
Katie Pucket	Jr	Pensacola, FL	East Hill Christian HS
Angelina Ramos	Fr	New Fairfield, CT	New Fairfield HS
Nicole Renzulli	So	Cranston, RI	Cranston West HS
Meghan Rogers	Jr	Wellington, FL	Cardinal Newman HS
Suzanne Shepherd	R-So	Ellis, OK	Ellis HS
Meredith Urban	Fr	Raleigh, NC	Green Hope HS
Julia Vola	Fr	Boca Raton, FL	Spanish River HS
Candace Walls	So	Boynton Beach, FL	Atlantic HS
Kristine Walls	So	Boynton Beach, FL	Atlantic HS
Cathleen Willy	So	Pembroke Pines, FL	Flanagan HS

Head Coach:	Bob Braman (Florida '80)
Assistant Coaches:	Jackie Richards (New Mexico '98) Peter Ormsby (Elon University '98)
Graduate Assistant:	Althea Begrave (University of Idaho '97)
Volunteer Assistant:	Wade Brett (Florida State '02)

Men's Results

Mountaineer Open

August 29, 2003

Boone, N.C.

Name	Time	Place
Kevin Cook	15:37.5	3
Eddy Rodriguez	15:38.1	4
Joep Tigchelaar	15:43.5	7
Tom Lancashire	15:55.3	11
Ian Hornabrook	15:56.9	12
Nate Davis	16:54.2	30

Florida Intercollegiate

September 12, 2003

Tallahassee, FL

Name	Time	Place
Kevin Cook	24:51.48	1
Ian Hornabrook	25:11.55	4
Jim Van Veen	25:37.38	10
Nate Davis	26:24.23	21
Steve DiBari	26:29.25	23
Shawn Patterson	27:09.18	41
Nathan Timm	29:02.20	66

Great American

September 26, 2003

Cary, N.C.

Name	Time	Place
Joep Tigchelaar	26:14.3	16
Ian Hornabrook	26:49.2	46
Kevin Cook	27:07.01	58
Eddy Rodriguez	27:08.2	59
Luke Beevor	27:09.6	60
Tom Lancashire	28:16.3	113
Jim Van Veen	28:23.6	117

NCAA Pre-Nationals

October 18, 2003

Cedar Falls, IA

Name	Time	Place
Joep Tigchelaar	24:03.1	27
Luke Beevor	24:36.8	66
Kevin Cook	24:38.4	70
Ian Hornabrook	24:42.2	77
Eddy Rodriguez	24:43.3	80
Jim Van Veen	25:22.3	144
Tom Lancashire	26:18.1	210

ACC Championships

November 1, 2003

Winston-Salem, NC

Name	Time	Place
Joep Tigchelaar	24:24.7	4
Ian Hornabrook	24:39.7	8
Kevin Cook	25:01.3	14
Luke Beevor	25:16.1	18
Eddy Rodriguez	25:24.5	22
Tom Lancashire	26:01.5	42
Shawn Patterson	26:59.1	60

NCAA South Regional

November 15, 2003

Auburn, AL

Name	Time	Place
Joep Tigchelaar	30:11.08	2
Ian Hornabrook	30:44.84	11
Kevin Cook	30:58.17	16
Eddy Rodriguez	31:00.31	17
Luke Beevor	31:02.16	18
Tom Lancashire	31:35.00	36
Michael Walsh	32:30.33	66

Women's Results

Mountaineer Open

August 29, 2003

Boone, N.C.

Name	Time	Place
Natalie Hughes	18:27.1	4
✓ Anne Clinton	18:32.7	5
Helen Hofstede	18:42.8	7
Heather Clark	19:36.7	15
Rachel Marsh	19:41.9	17
Carla Agnew	20:15.4	23
Jenny Gomez	20:22.9	25

✓ **Florida Intercollegiate**

September 12, 2003

Tallahassee, FL

Name	Time	Place
Natalie Hughes	18:11.06	2
Helen Hofstede	18:14.14	3
✓ Anne Clinton	18:21.58	5
Heather Clark	18:36.99	7
Rachel Marsh	18:53.51	11
Jenny Gomez	19:07.81	16
Carla Agnew	19:29.44	22

✓ **Great American**

September 26, 2003

Cary, N.C.

Name	Time	Place
Vicky Gill	17:07.2	2
Natalie Hughes	18:15.8	13
Helen Hofstede	18:37.3	22
✓ Anne Clinton	18:44.3	27
Rachel Marsh	19:16.3	45
Heather Clark	19:21.5	50
Jenny Gomez	20:18.8	83

NCAA Pre-Nationals

October 18, 2003

Cedar Falls, IA

Name	Time	Place
Vicky Gill	19:55.6	3
Natalie Hughes	20:58.5	18
Helen Hofstede	22:05.7	82
Heather Clark	22:16.8	99
✓ Anne Clinton	22:22.2	108
Jenny Gomez	22:57.4	150
Rachel Marsh	23:12.3	166

✓ **ACC Championships**

November 1, 2003

Winston-Salem, NC

Name	Time	Place
Vicky Gill	19:49.5	2
Natalie Hughes	21:34.3	24
✓ Anne Clinton	21:56.3	32
Helen Hofstede	22:12.4 22:11.6	38
Heather Clark	22:15.4	39
Rachel Marsh	22:19.0	42
Jenny Gomez	22:51.7	46

✓ **NCAA South Regional**

November 15, 2003

Auburn, AL

Name	Time	Place
Vicky Gill	19:48.04	1
Natalie Hughes	21:13.53	11
✓ Anne Clinton	21:43.16	23
Helen Hofstede	21:44.40	25
Rachel Marsh	22:19.0	42
Heather Clark	22:37.70	58
Jenny Gomez	23:05.80	79

Handwritten notes:
 22:01.07 ✓
 22:01.07 ✓
 22:01.07 ✓

2003 Florida State University Women's Cross Country Team

Carla Agnew	Fr	Oshawa, Ontario	McLaughlin HS
Stefanie Bechler	Fr	Libertyville, IL	Libertyville HS
Tina Biedenharn	Fr	Orange Park, FL	Ridgeview HS
Christina Boekhout	Fr	Merritt Island, FL	Merritt Island HS
Heather Clark	Fr.	Brewer, Maine	Brewer HS
Anne Clinton	Jr	Richmond, IN	Richmond HS
Abbie Day	So	Winter Park, FL	Lake Howell HS
Claudia Dorvillus	So	Naples, FL	Naples HS
Brianne Frarrer	So	Naples, FL	St. John Newmann HS
Tracy Friedlander	So	Miami, FL	Ransom Everglades HS
Terra Goebel	Jr	Palm Coast, FL	Flagler Palm Coast HS
Jenny Gomez	So	Miami, FL	Lourdes Academy
Helen Hofstede	Sr	Hoogharspel, Netherlands	RSG Enhhuizen
Janet Howard	Jr	Clearwater, FL	Clearwater Central Catholic
Natalie Hughes	Jr	Grand Junction, CO	Palisade HS
Amanda Jordan	R-So	Oklahoma City, OK	Bishop McGuinness HS
Mari Leitner	Jr	Pensacola, FL	Washington HS
Adrienne Lufkin	Fr	St. Petersburg, FL	Lakewood HS
Rachel Marsh	R-So	Kissimmee, FL	Osceola HS
Sydney Mondragon	Jr	Pueblo, CO	South HS
Kara Newell	So	Tallahassee, FL	Maclay School
Katie Pucket	Jr	Pensacola, FL	East Hill Christian HS
Angelina Ramos	Fr	New Fairfield, CT	New Fairfield HS
Nicole Renzulli	So	Cranston, RI	Cranston West HS
Meghan Rogers	Jr	Wellington, FL	Cardinal Newman HS
Suzanne Shepherd	R-So	Ellis, OK	Ellis HS
Meredith Urban	Fr	Raleigh, NC	Green Hope HS
Julia Vola	Fr	Boca Raton, FL	Spanish River HS
Candace Walls	So	Boynton Beach, FL	Atlantic HS
Kristine Walls	So	Boynton Beach, FL	Atlantic HS
Cathleen Willy	So	Pembroke Pines, FL	Flanagan HS

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JP Cook	Fr	Stuart, FL	Martin County HS
Kevin Cook	So	Fern Park, FL	Lyman HS
Eric Critzer	Fr	Falmouth, MA	Falmouth HS
Nate Davis	R-Jr	Largo, FL	Largo HS
Steve DiBari	R-Fr	Palm City, FL	Martin County HS
Ian Hornabrook	Jr	Queensland, Australia	Southport/Rend Lake College
Matt Kalinski	Sr	Greenwich, CT	Central Connecticut State U.
Tom Lancashire	Fr	Bolton, England	Turton HS
Joseph Madiedo	Fr	Tampa, FL	Tampa Jesuit HS
Chris Nickinson	Fr	Pensacola, FL	Booker T. Washington HS
Thomas Noyes	Fr	North Canton, Ohio	Hoover HS
Shawn Patterson	Jr	Valparaiso, FL	Niceville HS
Edwards Rodriguez	Jr	Miami, FL	Florida International Univ.
Hebrie Thiele	Fr	Tallahassee, FL	Lawton Chiles HS
Joep Tigchelaar	Jr	Macharen, Netherlands	Titus Brandsmalyceum
Nathan Timm	Sr	Marion, IL	Marion HS
Lars Tveter	Sr	Oslo, Norway	UT-Chattanooga
Jim Van Veen	Sr	Satellite Beach, FL	Satellite HS
Michael Walsh	Fr	Bradenton, FL	Lakewood Ranch HS
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