



**Florida State  
Cross Country  
History & Records**

# Women's History & Records



2010 NCAA Runner-Ups

## Championships History

### NCAA Championships

2002	1. BYU (85)...	<b>28. Florida State (657)</b>
2003	1. Stanford (120)...	<b>18. Florida State (455)</b>
2006	1. Stanford (195)...	<b>21. Florida State (436)</b>
2007	1. Stanford (145)...	<b>3. Florida State (236)*</b>
2008	1. Washington (79)...	<b>3. Florida State (163)</b>
2009	1. Villanova (86)...	<b>2. Florida State (133)</b>
2010	1. Villanova (120)...	<b>2. Florida State (154)</b>
2011	1. Georgetown (162)...	<b>4. Florida State (189)</b>
2012	1. Oregon (114)...	<b>4. Florida State (202)</b>
2013	1. Providence (141)...	<b>8. Florida State (278)</b>
2014	1. Michigan State (83)...	<b>12. Florida State (393)</b>

### IAIW National Championships

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

1977	1. Iowa State...	<b>15. Florida State</b>
1978	1. Iowa State...	<b>15. Florida State</b>
1979	1. NC State...	<b>22. Florida State</b>
1980	1. NC State...	<b>21. Florida State^</b>
1981	1. Iowa State...	<b>11. Florida State</b>

^ - meet hosted by Florida State in Tallahassee

### NCAA South Region

2001	1. Georgia Tech (54)...	<b>3. Florida State (113)</b>
2002	1. Tennessee (72)...	<b>2. Florida State (74)</b>
2003	1. Tennessee (71)...	<b>2. Florida State (93)</b>
2004	1. Tennessee (78)...	<b>4. Florida State (176)</b>
2005	1. Tennessee (76)...	<b>3. Florida State (118)</b>
2006	1. Georgia (35)...	<b>4. Florida State (84)</b>
2007	<b>1. Florida State (40)</b> ...	2. Georgia (75)*
2008	<b>1. Florida State (41)</b> ...	2. Florida (64)
2009	1. Florida (33)...	<b>2. Florida State (54)</b>
2010	<b>1. Florida State (24)</b> ...	2. Florida (67)
2011	<b>1. Florida State (34)</b> ...	2. Vanderbilt (54)
2012	<b>1. Florida State (27)</b> ...	2. Vanderbilt (54)
2013	<b>1. Florida State (35)</b> ...	2. Vanderbilt (116)
2014	1. Vanderbilt (52)...	<b>2. Florida State (53)</b>

### ACC Championships

1991	1. NC State (25)...	<b>5. Florida State (154)</b>
1992	1. NC State (38)...	<b>5. Florida State (164)</b>
1993	1. NC State (46)...	<b>7. Florida State (195)</b>
1994	1. North Carolina (40)...	<b>9. Florida State (235)</b>
1995	1. NC State (40)...	<b>9. Florida State (220)</b>
1996	1. NC State (38)...	<b>9. Florida State (247)</b>
1997	1. NC State (28)...	<b>9. Florida State (247)</b>
1998	1. NC State (32)...	<b>8. Florida State (220)</b>
1999	1. North Carolina (44)...	<b>8. Florida State (214)</b>
2000	1. NC State (43)...	<b>6. Florida State (128)</b>
2001	1. NC State (39)...	<b>7. Florida State (156)</b>
2002	1. NC State (61)...	<b>6. Florida State (134)</b>
2003	1. North Carolina (40)...	<b>5. Florida State (135)</b>
2004	1. Duke (29)...	<b>6. Florida State (168)</b>
2005	1. Duke (20)...	<b>7. Florida State (196)</b>
2006	1. NC State (59)...	<b>4. Florida State (118)</b>
2007	<b>1. Florida State (64)</b> ...	2. NC State (102)*
2008	<b>1. Florida State (27)</b> ...	2. Boston College (106)
2009	<b>1. Florida State (37)</b> ...	2. Duke (71)
2010	<b>1. Florida State (52)</b> ...	2. Virginia (75)
2011	<b>1. Florida State (20)</b> ...	2. Boston College (79)
2012	<b>1. Florida State (35)</b> ...	2. Duke (67)
2013	<b>1. Florida State (52)</b> ...	2. Virginia (65)
2014	1. North Carolina (57)...	<b>2. Florida State (99)</b>

\* - participation vacated by NCAA

### Metro Conference Championships

1985	1. Virginia Tech (29)...	<b>2. Florida State (39)</b>
1986	1. Virginia Tech (23)...	<b>2. Florida State (39)</b>
1987	1. Virginia Tech (25)...	<b>2. Florida State (72)</b>
1988	1. South Carolina (41)...	<b>2. Florida State (46)</b>
1989	1. South Carolina (39)...	<b>2. Florida State (54)</b>
1990	1. South Carolina (26)...	<b>4. Florida State (83)</b>



# Women's History & Records

## All-Time All-Americans



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



**4x All-American Susan Kuijken**

# Women's History & Records

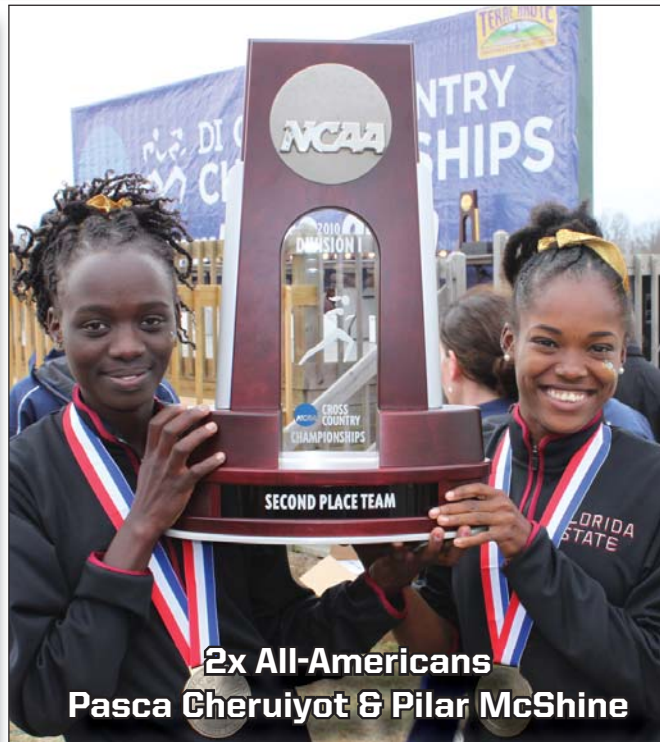
## Florida State All-American Performances

Year	Athlete	Place/Time	Location
1981	Darien Andreu	20th/18:28	Pocatello, Idaho#
2002	Vicky Gill	15th/20:07.4	LaVern Gibson Course, Terre Haute, Ind.
2003	Vicky Gill	11th/20:08.5	Irv Warren GC, Waterloo, Iowa
2003	Natalie Hughes	43rd/ 20:50.1	Irv Warren GC, 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	29th/ 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	Tom Sawyer Park, Louisville, Ky.
2012	Colleen Quigley	12th/ 19:53.2	Tom Sawyer Park, Louisville, Ky.
2012	Amanda Winslow	17th/ 20:02.4	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.

# - AIAW All-American



**3x All-American  
Amanda Winslow**



**2x All-Americans  
Pasca Cheruiyot & Pilar McShine**



**3x All-American  
Colleen Quigley**



# Women's History & Records



## All-Conference Honors

### All-ACC

- 2000 Amy Pleckaitis
- 2001 Vicky Gill
- 2002 Vicky Gill
- 2003 Vicky Gill
- 2006 Susan Kuijken
- 2007 **Susan Kuijken\***  
Barbara Parker
- 2008 **Susan Kuijken\***  
Pilar McShine  
Linzi Snow  
Lesley Van Miert  
Lydia Willemse
- 2009 **Susan Kuijken\***  
Pasca Cheruiyot  
Jennifer Dunn  
Pilar McShine  
Jessica Parry
- 2010 Pasca Cheruiyot  
Pilar McShine  
Astrid Leutert
- 2011 Amanda Winslow  
Hannah Brooks  
Jessica Parry  
Violah Lagat  
Colleen Quigley  
Kayleigh Tyerman
- 2012 **Violah Lagat\***  
Colleen Quigley  
Kayleigh Tyerman  
Amanda Winslow  
Georgia Peel
- 2013 Colleen Quigley  
Hannah Walker  
Linden Hall  
Pippa Woolven  
Carly Thomas
- 2013 Colleen Quigley  
Linden Hall  
Pippa Woolven
- 2014 Colleen Quigley  
Linden Hall  
Pippa Woolven

\* - ACC Individual Champion

### ACC Performer of the Year

- 2012 Violah Lagat
- 2013 Colleen Quigley

### ACC Freshman of the Year

- 2011 Colleen Quigley

### ACC Coach of the Year

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



**Karen Harvey**  
won seven consecutive ACC Coach of the Year honors.

### All-Metro

- 1985 **Brenda Moore\***  
Barbara Matthews  
Colleen O'Reilly  
Sue Pockell
- 1986 Carrie Boyd  
Barbara Matthews  
Adrienne Politiowitz  
Sharon Farrall  
Colleen O'Reilly
- 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

\* - Metro Individual Champion

### USTFCCCA

#### All-Academic Team

- 1996 Florida State
- 1999 Florida State
- 2000 Florida State
- 2002 Florida State
- 2006 Florida State
- 2007 Florida State
- 2010 Florida State
- 2011 Florida State
- 2012 Florida State
- 2013 Florida State
- 2014 Florida State

## Academic Honors

### CoSIDA Academic All-American

- 2008-09 Susan Kuijken (1st team)
- 2011-12 Hannah Brooks (1st team)
- 2012-13 Amanda Winslow (3rd team)
- 2013-14 Colleen Quigley (2nd team)
- 2014-15 Colleen Quigley (2nd team)

### CoSIDA Academic All-District

- 2007-08 Lydia Willemse (1st team)
- 2008-09 Susan Kuijken (1st team)
- 2010-11 Jessica Parry (1st team)  
Amanda Winslow (1st team)
- 2011-12 Hannah Brooks (1st team)  
Amanda Winslow (1st team)
- 2012-13 Amanda Winslow (1st team)  
Colleen Quigley (1st team)
- 2013-14 Colleen Quigley (1st team)  
Linden Hall (1st team)  
Hannah Walker (1st team)
- 2014-15 Colleen Quigley (1st team)  
Linden Hall (1st team)

### All-ACC Academic

- |  |  |
|--|--|
| 2005 Laura Bowerman<br>Abi Wilshire  | 2011 Hannah Brooks<br>Amanda Winslow<br>Jessica Parry<br>Colleen Quigley                     |
| 2006 Amy Huss<br>Abi Wilshire  | Colleen Quigley<br>Kayleigh Tyerman<br>Aubree Worden   |
| 2007 Hannah England<br>Kirsten Hagen<br>Susan Kuijken<br>Lydia Willemse                                    | 2012 Jennifer Dunn<br>Jessica Parry<br>Colleen Quigley<br>Kayleigh Tyerman<br>Amanda Winslow |
| 2008 Lydia Willemse<br>Lesley Van Miert  | 2013 Colleen Quigley<br>Linden Hall<br>Hannah Walker<br>Pippa Woolven                        |
| 2009 Susan Kuijken<br>Pasca Cheruiyot<br>Jennifer Dunn<br>Jessica Parry<br>Amanda Winslow                  | 2014 Colleen Quigley<br>Linden Hall<br>Pippa Woolven<br>Georgia Peel                         |
| 2010 Jennifer Dunn<br>Pasca Cheruiyot<br>Pilar McShine<br>Jessica Parry<br>Hannah Brooks<br>Amanda Winslow |  |

### ACC Scholar-Athlete of the Year

- |                    |                      |
|--------------------|----------------------|
| 2009 Susan Kuijken | 2011 Hannah Brooks   |
| 2010 Jennifer Dunn | 2013 Colleen Quigley |

### USTFCCCA All-Academic

- |  |  |
|--|--|
| 2000 Brooke Bastien  | Jessica Parry  |
| 2005 Abi Wilshire  | Colleen Quigley  |
| 2006 Debbie Huss<br>Abi Wilshire                                       | Kayleigh Tyerman<br>Aubree Worden  |
| 2007 Audrey Hand<br>Kirsten Hagen<br>Lydia Willemse                    | 2012 Jennifer Dunn<br>Jessica Parry<br>Colleen Quigley<br>Kayleigh Tyerman<br>Amanda Winslow |
| 2008 Lydia Willemse  | 2013 Colleen Quigley<br>Linden Hall<br>Hannah Walker<br>Pippa Woolven                        |
| 2009 Jennifer Dunn<br>Jessica Parry<br>Amanda Winslow                  | 2014 Colleen Quigley<br>Linden Hall<br>Pippa Woolven   |
| 2010 Hannah Brooks<br>Jennifer Dunn<br>Jessica Parry<br>Amanda Winslow |  |
| 2011 Hannah Brooks<br>Amanda Winslow                                   |  |

# Women's History & Records

## All-South Region

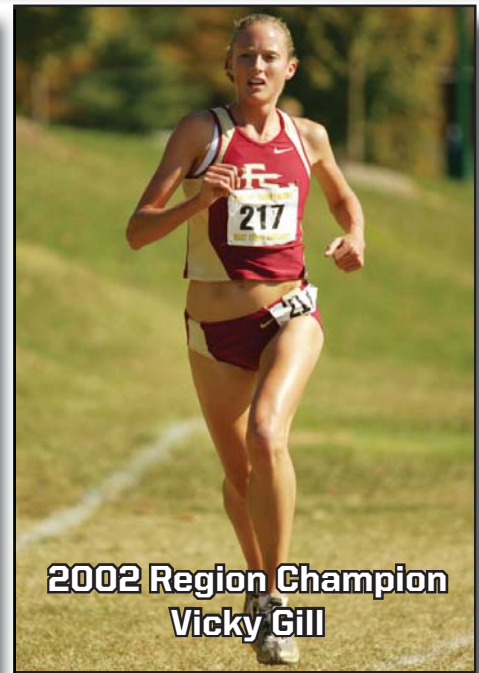
- 2001 Vicky Gill  
Natalie Hughes  
Katie Jeffrey
- 2002 **Vicky Gill\***  
Natalie Hughes  
Misty Harper  
Allison Lind
- 2003 Vicky Gill  
Natalie Hughes  
Anne Clinton  
Helen Hofstede
- 2004 Laura Bowerman  
Natalie Hughes
- 2005 Laura Bowerman  
Abi Wilshire
- 2006 **Susan Kuijken\***  
Jessica 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
- 2009 Christina Woytalewicz  
Pasca Cheruiyot  
Jennifer Dunn  
Pilar McShine  
Jessica Parry
- 2010 Amanda Winslow  
Pasca Cheruiyot  
Pilar McShine  
Jessica Parry  
Jennifer Dunn  
Hannah Brooks  
Amanda Winslow  
Astrid Leutert
- 2011 **Amanda Winslow\***  
Hannah Brooks  
Violah Lagat  
Collen Quigley  
Kayleigh Tyerman  
Aubree Worden  
Jessica Parry
- 2012 **Violah Lagat\***  
Colleen Quigley  
Amanda Winslow  
Kayleigh Tyerman  
Georgia Peel  
Jessica Parry  
Jennifer Dunn
- 2013 **Colleen Quigley\***  
Hannah Walker  
Linden Hall  
Pippa Woolven  
Carly Thomas
- 2014 **Colleen Quigley\***  
Pippa Woolven  
Linden Hall  
Bridget Blake  
Chelsi Woodruff



2012 ACC & South Region champion Violah Lagat



4x All-Region Performer  
Natalie Hughes



2002 Region Champion  
Vicky Gill

## Olympians



Margaret Coomber, 1972



Barbara Parker, 2008-2012



Hannah England, 2012

\* - NCAA South Region champion



# Men's History & Records



**2010 NCAA Runner-Ups**

## Championships History

### NCAA Championships

1981	1. UTEP (17)...	<b>8. Florida State (257)</b>
2003	1. Stanford (24)...	<b>29. Florida State (733)</b>
2004	1. Colorado (90)...	<b>17. Florida State (438)</b>
2005	1. Wisconsin (37)...	<b>18. Florida State (471)</b>
2006	1. Colorado (94)...	<b>30. Florida State (602)</b>
2007	1. Oregon (85)...	<b>20. Florida State (454)</b>
2008	1. Oregon (93)...	<b>26. Florida State (576)</b>
2009	1. Oklahoma St. (127)...	<b>30. Florida State (612)</b>
2010	1. Oklahoma St. (73)...	<b>2. Florida State (193)</b>
2011	1. Wisconsin (97)...	<b>12. Florida State (348)</b>
2012	1. Oklahoma St. (72)...	<b>5. Florida State (238)</b>
2014	1. Colorado (65)...	<b>31. Florida State (822)</b>

### NCAA South Region

2001	1. Alabama (55)...	<b>3. Florida State (85)</b>
2002	1. Tennessee (51)...	<b>4. Florida State (104)</b>
2003	1. Georgia (37)...	<b>2. Florida State (64)</b>
<b>2004</b>	<b>1. Florida State (59)</b> ...	2. Florida (71)
2005	1. Alabama (40)...	<b>2. Florida State (47)</b>
<b>2006</b>	<b>1. Florida State (67)</b> ...	2. Alabama (88)
2007	1. Alabama (28)...	<b>2. Florida State (52)</b>
2008	1. Alabama (49)...	<b>3. Florida State (66)</b>
2009	1. Alabama (45)...	<b>2. Florida State (80)</b>
2010	1. Alabama (30)...	<b>2. Florida State (55)</b>
<b>2011</b>	<b>1. Florida State (40)</b> ...	2. Florida (68)
<b>2012</b>	<b>1. Florida State (27)</b> ...	2. Georgia (48)
2013	1. Georgia (72)...	<b>3. Florida State (101)</b>
2014	1. Mississippi (52)...	<b>2. Florida State (94)</b>

### ACC Championships

1991	1. NC State (52)...	<b>7. Florida State (200)</b>
1992	1. NC State (46)...	<b>8. Florida State (230)</b>
1993	1. Wake Forest (36)...	<b>8. Florida State (230)</b>
1994	1. Wake Forest (46)...	<b>9. Florida State (273)</b>
1995	1. NC State (18)...	<b>9. Florida State (230)</b>
1996	1. NC State (30)...	<b>7. Florida State (217)</b>

1997	1. NC State (24)...	<b>9. Florida State (232)</b>
1998	1. NC State (26)...	<b>8. Florida State (210)</b>
1999	1. NC State (16)...	<b>8. Florida State (218)</b>
2000	1. Duke (39)...	<b>7. Florida State (188)</b>
2001	1. NC State (26)...	<b>5. Florida State (134)</b>
2002	1. NC State (17)...	<b>5. Florida State (123)</b>
2003	1. NC State (27)...	<b>2. Florida State (66)</b>
2004	1. NC State (47)...	<b>2. Florida State (48)</b>
2005	1. Virginia (30)...	<b>2. Florida State (38)</b>
2006	1. NC State (31)...	<b>2. Florida State (79)*</b>
2007	1. Virginia (32)...	<b>3. Florida State (130)*</b>
2008	1. Virginia (40)...	<b>4. Florida State (80)</b>
2009	1. NC State (56)...	<b>3. Florida State (72)</b>
<b>2010</b>	<b>1. Florida State (43)</b> ...	2. NC State (81)
2011	1. NC State (51)...	<b>2. Florida State (55)</b>
2012	1. Virginia Tech (55)...	<b>3. Florida State (62)</b>
2013	1. Syracuse (164)...	<b>7. Florida State (145)</b>
2014	1. Syracuse (32)...	<b>5. Florida State (158)</b>

\* - participation vacated by NCAA

### Metro Conference Championships

1976	1. Memphis State (43)...	<b>4. Florida State (78)</b>
1977	1. Saint Louis (38)...	<b>4. Florida State (78)</b>
<b>1978</b>	<b>1. Florida State (43)</b> ...	2. Saint Louis (55)
<b>1979</b>	<b>1. Florida State (39)</b> ...	2. Virginia Tech (51)
1980	1. Virginia Tech (30)...	<b>2. Florida State (38)</b>
1981	1. Virginia Tech (24)...	<b>2. Florida State (31)</b>
<b>1982</b>	<b>1. Florida State (37)</b> ...	2. Virginia Tech (41)
1983	1. Virginia Tech (42)...	<b>4. Florida State (105)</b>
1984	1. Virginia Tech (25)...	<b>2. Florida State (94)</b>
1985	1. Virginia Tech (na)...	<b>6. Florida State (110)</b>
1986	1. Virginia Tech (39)...	<b>4. Florida State (112)</b>
1987	1. Virginia Tech (31)...	<b>4. Florida State (92)</b>
1988	1. Virginia Tech (33)...	<b>3. Florida State (85)</b>
1989	1. Virginia Tech (22)...	<b>2. Florida State (55)</b>
1990	1. Virginia Tech (24)...	<b>2. Florida State (64)</b>

# Men's History & Records

## All-Time All-Americans



Ken Misner  
1969



Herb Wills  
1981



Andrew Lemoncello  
2005



Ciaran O'Lionaird  
2010



Mike Fout  
2010, 2011



David Forrester  
2011



Jakub Zivec  
2012



Breandan O'Neill  
2012

## Florida State 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 GC, 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	Tom Sawyer Park, Louisville, Ky.
	Breandan O'Neill	28th/29:52.7	Tom Sawyer Park, Louisville, Ky.



# Men's History & Records

## Academic Honors

### CoSIDA Academic All-American

- 2004-05 Tom Lancashire (2nd team)
- 2005-06 Tom Lancashire (1st team)
- 2006-07 Tom Lancashire (2nd team)
- 2010-11 Ciaran O'Lionaird (3rd team)

### CoSIDA Academic All-District

- 2004-05 Tom Lancashire (1st team)
- 2005-06 Tom Lancashire (1st team)
- 2006-07 Tom Lancashire (1st team)
- Andrew Lemoncello (2nd team)
- 2010-11 Ciaran O'Lionaird (1st team)
- 2011-12 Michael Fout (1st team)
- 2012-13 Michael Fout (1st team)
- 2013-14 Jakub Zivec (1st team)

### All-ACC Academic

- 2005 Tom Lancashire  
Andrew Lemoncello  
Phil Nicholls
- 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

### ACC Scholar-Athlete of the Year

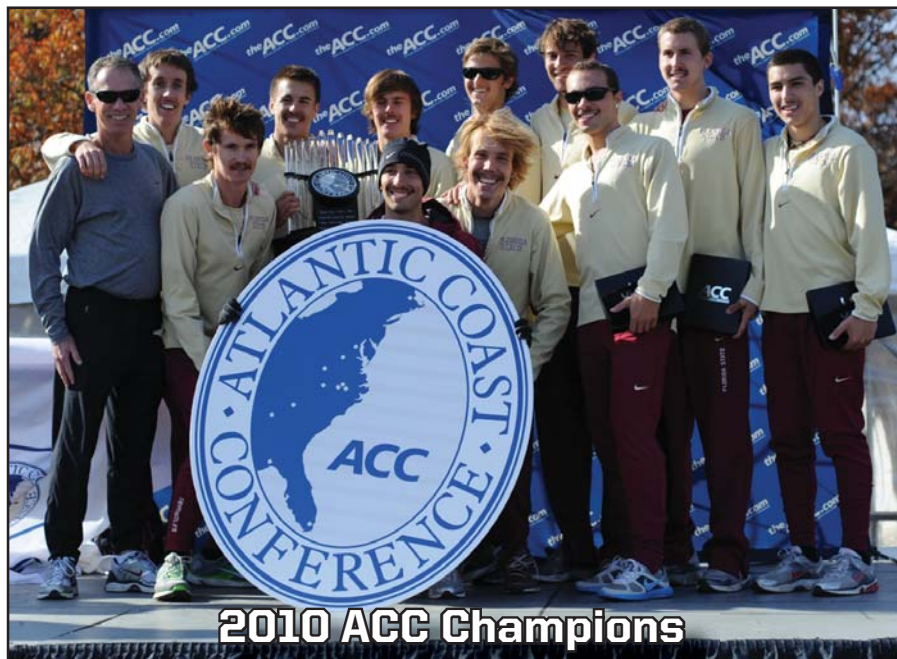
- 2009 Matt Leeder
- 2011 Michael Fout
- 2012 Jakub Zivec

### USTFCCCA All-Academic

- 2005 Tom Lancashire  
Andrew Lemoncello  
Phil Nicholls
- 2006 Tom Lancashire  
Andrew Lemoncello
- 2009 Matt Leeder
- 2010 Ciaran O'Lionaird  
Michael Fout
- 2011 Michael Fout  
Seth Proctor
- 2012 Jakub Zivec  
Seth Proctor
- 2014 Tyler Udland

### USTFCCCA All-Academic Team

- 1996 Florida State
- 2010 Florida State
- 2011 Florida State
- 2012 Florida State
- 2013 Florida State
- 2014 Florida State



## All-Conference Honors

### All-ACC

- 2001 Joep Tigchelaar
- 2002 Joep Tigchelaar
- 2003 Joep Tigchelaar  
Ian Hornabrook
- 2004 **Andrew Lemoncello\***  
Ian Hornabrook  
Tom Lancashire  
Eddie Rodriguez
- 2005 **Andrew Lemoncello\***  
Tom Lancashire  
Sean Burris  
Phil Nicholls
- 2006 Tom Lancashire  
Andrew Lemoncello
- 2008 Steeve Gabart  
Matt Leeder
- 2009 Matt Leeder  
Ciaran O'Lionaird  
Daniel Roberts
- 2010 David Forrester  
Matt Leeder  
Ciaran O'Lionaird  
Wes Rickman  
Jakub Zivec
- 2011 Michael Fout  
David Forrester  
Breandan O'Neill  
Seth Proctor
- 2012 Breandan O'Neill  
David Forrester  
Jakub Zivec
- 2013 Matt Mizereck  
Bryant Blahnik  
Josh Gracia
- 2014 Tyler Udland  
Jack Goodwin  
Zak Seddon

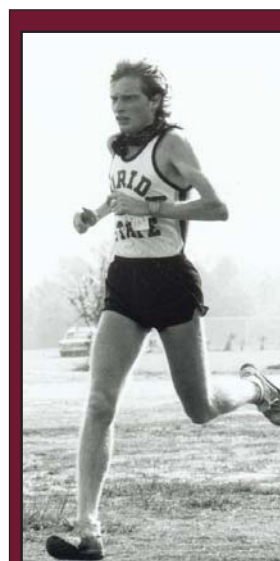
\* - ACC Individual Champion

### ACC Coach of the Year

- 2003 Bob Braman
- 2010 Bob Braman

### ACC Freshman of the Year

- 2001 Joep Tigchelaar
- 2009 Wes Rickman
- 2010 Jakub Zivec
- 2011 AJ del Valle



**Herb Wills is the only Nole to earn All-Conference honors four times (1978-81)**

### 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
- 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
- 1985 Matt Farnen
- 1986 David Hosely
- 1987 David Greene
- 1988 David Keen
- 1989 David Keen  
Allen Williams  
Jason Frank
- 1990 Jason Frank  
Matthew Dobson

\* - Metro Individual Champion

# Men's History & Records



Mike Fout, Breandan O'Neill & Dave Forrester at 2011 Region

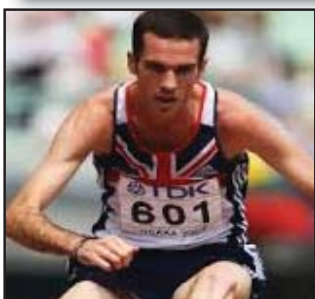


2010 Region Champion  
Ciaran O'Lionaird



2x ACC & Region Champion  
Andrew Lemocello

## Olympians



Andrew Lemocello, 2008



Tom Lancashire, 2008



Ciaran O'Lionaird, 2012

## All-South Region

- 2001 Kim Bergdahl  
Dave Guera  
Joep Tigchelaar
- 2002 Nathan Adams  
Joep Tigchelaar  
Maarten van de Heuvel
- 2003 Luke Beevor  
Kevin Cook  
Ian Hornabrook  
Eddie Rodriguez  
Joep Tigchelaar
- 2004 **Andrew Lemocello\***  
Ian Hornabrook  
Tom Lancashire  
Eddie Rodriguez
- 2005 **Andrew Lemocello\***  
Sean Burris  
Kevin Cook  
Tom Lancashire  
Phil Nicholls
- 2006 Mark Buckingham  
Luke Gunn  
Tom Lancashire  
Andrew Lemocello  
Mark Buckingham
- 2007 Luke Gunn  
Steeve Gabart  
Matt Leeder  
Daniel Roberts  
Steeve Gabart
- 2008 Jason Lakritz  
Matt Leeder  
Daniel Roberts  
Nick Sunseri  
Matt Leeder
- 2009 Ciaran O'Lionaird  
Wes Rickman  
Daniel Roberts  
**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

\* - NCAA South Region champion