



FLORIDA STATE®

CROSS COUNTRY

**2016 History & Records**



# Women's History & Records

From its inception in 1974 under the direction of coach Paul Toran, it took the Florida State women's cross country program exactly four years to make its first national championship appearance. From 1977-1981 the Seminoles made five consecutive trips to the AIAW Championships, including one very short one as FSU served as host to the 1979 championship meet, contested at the Seminole Golf Course.

That five-year stretch produced a pair of 15th-place finishes and concluded with an 11th-place effort in 1981 under coach Roger Smith, led by the program's first All-American, Darien Andreu.

Relatively quiet in terms of accomplishments over a 20-year stretch, the Seminoles returned to the ranks of nationally elite shortly after coach Bob Braman arrived to take over in 2000. Braman snapped a 22-year drought when he directed the women to the first of three NCAA Championship meets in 2002 before turning the reigns over to Karen Harvey.

Since 2002 the Seminole ladies have made 11 NCAA Championship appearances, posting six consecutive top-four finishes while turning out 22 All-American honors. Six of those All-Americans - Barbara Parker, Hannah England, Susan Kuijken, Violah Lagat, Linden Hall and Colleen Quigley - have taken their talents from Tallahassee to the Olympic Games.

The Noles also won seven consecutive ACC Championships and six NCAA South Region team titles in that stretch, and produced countless honorees at the conference and regional level, both on and off the course.

Five FSU women have earned Academic All-American honors and the team has ranked among the nation's best academically in each of the last six years.

Now under the direction of second-year coach Kelly Phillips, FSU women's cross country has its sights set on taking the next step.

With literally hundreds of miles of soft surface training trails at their disposal and one of the nation's finest dedicated cross country courses - Apalachee Regional Park - to call its own, FSU cross country has everything it needs to sustain its history of success.



## All-Time National Championship Performances

### NCAA Championships

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

### Individual Qualifiers

- 2001 Vicky Gill (122nd)
- 2005 Laura Bowerman (127th)

### AIAW Championships

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

- 1977 1. Iowa State... 15. Florida State
  - 1978 1. Iowa State... 15. Florida State
  - 1979 1. NC State... 22. Florida State<sup>^</sup>
  - 1980 1. NC State... 21. Florida State
  - 1981 1. Iowa State... 11. Florida State
- <sup>^</sup> - meet hosted by Florida State in Tallahassee at the Seminole Golf Course

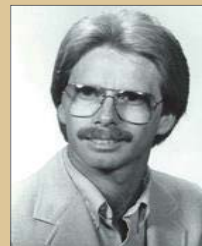
## All-Time Women's Cross Country Coaches



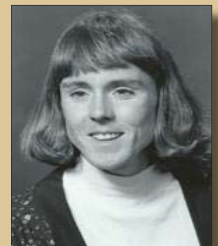
Paul Toran  
1974-79



Roger Smith  
1980-81



Al Schmidt  
1982-88



Sue Addison  
1989-93



Scott Irving  
1994-99



Bob Braman  
2000-06



Karen Harvey  
2007-14



Kelly Phillips  
2015-present

# Women's 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



Susan Kuijken is the only four-time cross country All-American in FSU history.



# Women's All-Time All-Americans

## Florida State All-American Performances

Year	Athlete	Place/Time	Location
1981	Darien Andreu	20th/18:28	Highland Golf Course, Pocatello, Idaho#
2002	Vicky Gill	15th/20:07.4	LaVern Gibson Course, Terre Haute, Ind.
2003	Vicky Gill	11th/20:08.5	Irv Warren Golf Course, Waterloo, Iowa
2003	Natalie Hughes	43rd/ 20:50.1	Irv Warren Golf Course, 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

## Olympians



Margaret Coomber  
1972



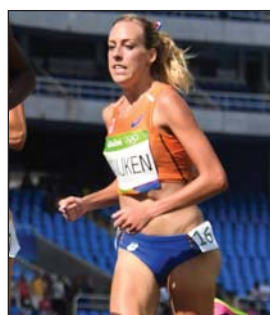
Barbara Parker  
2008 & 2012



Hannah England  
2012



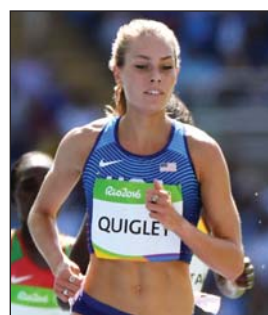
Linden Hall  
2016



Susan Kuijken  
2016



Violah Lagat  
2016



Colleen Quigley  
2016

# Women's ACC History & Honors

## 1991 - Chapel Hill, N.C.

1. NC State	25
2. Clemson	59
3. Virginia	70
4. North Carolina	90
5. Florida State	154
6. Duke	179
7. Wake Forest	181
8. Maryland	205
9. Georgia Tech	231

## 1992 - Raleigh, N.C.

1. NC State	38
2. Wake Forest	41
3. Virginia	57
4. North Carolina	57
5. Florida State	164
6. Clemson	165
7. Georgia Tech	176
8. Duke	200
9. Maryland	245

## 1993 - Clemson, S.C.

1. NC State	46
2. Virginia	64
3. Clemson	72
4. North Carolina	73
5. Wake Forest	118
6. Georgia Tech	178
7. Florida State	195
8. Duke	199
9. Maryland	224

## 1994 - Atlanta, Ga.

1. North Carolina	40
2. Wake Forest	48
3. Georgia Tech	68
4. Virginia	87
5. Clemson	97
6. Duke	171
7. Maryland	194
8. Florida State	235

## 1995 - Winston-Salem, N.C.

1. NC State	40
2. Wake Forest	70
3. North Carolina	108
4. Virginia	116
5. Georgia Tech	128
6. Clemson	135
7. Duke	153
8. Maryland	212
9. Florida State	220

## 1996 - College Park, Md.

1. NC State	38
2. North Carolina	49
3. Virginia	98
4. Clemson	101
5. Wake Forest	103
6. Georgia Tech	133
7. Duke	199
8. Maryland	218
9. Florida State	247

## 1997 - Tallahassee, Fla.

1. NC State	28
2. Wake Forest	48
3. North Carolina	70
4. Virginia	110
5. Duke	111
6. Clemson	157
7. Georgia Tech	161
8. Maryland	227
9. Florida State	247

## 1998 - Charlottesville, Va.

1. NC State	32
2. North Carolina	65
3. Wake Forest	75
4. Clemson	99
5. Virginia	114
6. Duke	155
7. Georgia Tech	161
8. Florida State	220
9. Maryland	223

## 1999 - Chapel Hill, N.C.

1. North Carolina	44
2. NC State	56
3. Virginia	77
4. Wake Forest	96
5. Duke	104
6. Clemson	163
7. Georgia Tech	167
8. Florida State	214
9. Maryland	259

## 2000 - Raleigh, N.C.

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

## 2001 - Clemson, S.C.

1. NC State	39
2. North Carolina	55
3. Virginia	80
4. Georgia Tech	107
5. Duke	136
6. Wake Forest	149
7. Florida State	156
8. Maryland	263
9. Clemson	273

## 2002 - Atlanta, Ga.

1. NC State	61
2. 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

## 2003 - Winston-Salem, N.C.

1. North Carolina	40
2. NC State	44
3. Wake Forest	62
4. Duke	120
5. Florida State	135
6. Virginia	142
7. Maryland	209
8. Georgia Tech	229
9. Clemson	282

## 2004 - College Park, Md.

1. Duke	29
2. North Carolina	56
3. NC State	71
4. Wake Forest	94
5. Virginia	163
6. Florida State	168
7. Virginia Tech	197
8. Maryland	205
9. Clemson	270
10. Georgia Tech	272
11. Miami	305

## 2005 - Tallahassee, Fla.

1. Duke	20
2. NC State	91
3. Wake Forest	104
4. Boston College	106
5. North Carolina	128
6. Virginia	177
7. Florida State	196
8. Maryland	214
9. Virginia Tech	235
10. Georgia Tech	281
11. Miami	323
12. Clemson	327

## 2006 - Charlottesville, Va.

1. NC State	59
2. Duke	88
3. Virginia	104
4. Florida State	118
5. Virginia Tech	123
6. North Carolina	138
7. Boston College	150
8. Wake Forest	166
9. Georgia Tech	194
10. Maryland	217
11. Clemson	343
12. Miami	384

## 2007 - Charlottesville, Va.

1. Florida State	64
2. NC State	102
3. Boston College	106
4. North Carolina	118
5. Virginia Tech	121
6. Duke	123
7. Wake Forest	127
8. Virginia	160
9. Maryland	236
10. Clemson	257
11. Georgia Tech	277
12. Miami	390

## 2008 - Chapel Hill, N.C.

1. Florida State	27
2. Boston College	106
3. Wake Forest	112
4. Duke	124
5. Virginia	124
6. North Carolina	137
7. Virginia Tech	150
8. Clemson	170
9. Maryland	236
10. NC State	262
11. Georgia Tech	289
12. Miami	392



2007 ACC Championship meet team photo.

## 2009 - Cary, N.C.

1. Florida State	37
2. Duke	71
3. Virginia	84
4. NC State	109
5. North Carolina	137
6. Boston College	144
7. Maryland	192
8. Wake Forest	204
9. Clemson	221
10. Virginia Tech	284
11. Georgia Tech	312
12. Miami	380

## 2010 - Chestnut Hill, Mass.

1. Florida State	52
2. Virginia	75
3. Duke	99
4. Boston College	100
5. North Carolina	123
6. NC State	137
7. Wake Forest	206
8. Virginia Tech	207
9. Clemson	208
10. Maryland	311
11. Georgia Tech	315
12. Miami	353

## 2011 - Clemson, S.C.

1. Florida State	20
2. Boston College	79
3. Virginia	113
4. NC State	113
5. North Carolina	118
6. Clemson	159
7. Duke	161
8. Virginia Tech	180
9. Maryland	258
10. Wake Forest	264
11. Georgia Tech	328
12. Miami	369

## 2012 - Blacksburg, Va.

1. Florida State	35
2. Duke	67
3. Boston College	82
4. NC State	86
5. North Carolina	152
6. Virginia	170
7. Clemson	191
8. Wake Forest	222
9. Georgia Tech	258
10. Virginia Tech	260
11. Maryland	296
12. Miami	350

## 2013 - Kernersville, N.C.

1. Florida State	52
2. Virginia	65
3. Syracuse	108
4. Notre Dame	124
5. Duke	130
6. Boston College	151
7. NC State	183
8. Virginia Tech	188
9. North Carolina	204
10. Wake Forest	246
11. Clemson	336
12. Georgia Tech	389
13. Pitt	399
14. Maryland	404
15. Miami	447

## 2014 - @Charlottesville, Va.

1. North Carolina	57
2. Florida State	99
3. Virginia	109
4. NC State	119
5. Notre Dame	132
6. Virginia Tech	161
7. Boston College	162
8. Syracuse	162
9. Wake Forest	233
10. Duke	276
11. Georgia Tech	289
12. Louisville	290
13. Clemson	369
14. Pitt	388
15. Miami	505

## 2015 - @Tallahassee, Fla.

1. Virginia	71
2. NC State	75
3. Notre Dame	96
4. Syracuse	141
5. North Carolina	150
6. Boston College	159
7. Florida State	172
8. Virginia Tech	213
9. Pitt	241
10. Clemson	244
11. Duke	275
12. Wake Forest	290
13. Louisville	312
14. Georgia Tech	407
15. Miami	450

- - title vacated per NCAA Committee on Infractions



# Women's ACC History & Honors

## AII-ACC

- 1995 Kirsten Birmelin
- 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
- 2015 Carmela Cardama Baez

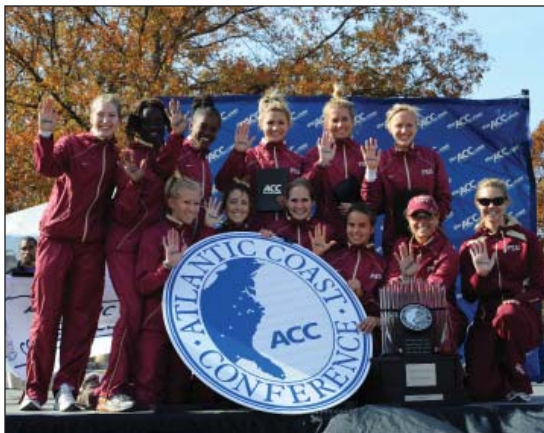
\* - ACC Individual Champion



2008 ACC Champions



2009 ACC Champions



2010 ACC Champions



2011 ACC Champions



2012 ACC Champions



2013 ACC Champions

## ACC Awards

From left to right: Violah Lagat won the first ACC Women's Performer of the Year honor in 2012, and Colleen Quigley - the 2011 ACC Freshman of the Year - won Performer of the Year honors in 2013. Karen Harvey guided the Noles from 2007-2014 and won seven consecutive ACC Women's Coach of the Year honors (2007-13).





# Women's Metro History & Honors

## 1985 - @Louisville, Ky.

1. Virginia Tech 29
2. Florida State 39
3. Cincinnati 81
4. Louisville 108
5. Southern Miss 119
6. Memphis State 172

## 1986 - Memphis, Tenn.

1. Virginia Tech 23
2. Florida State 39
3. Cincinnati 73
4. Louisville 85
5. Memphis State 105

## 1987 - Columbia, S.C.

1. Virginia Tech 25
2. Florida State 72
3. Cincinnati 75
4. South Carolina 84
5. Louisville 112
6. Memphis State 126
7. Southern Miss 178

## 1988 - Hattiesburg, Miss.

1. South Carolina 41
2. Florida State 46
3. Virginia Tech 72
4. Cincinnati 112
5. Memphis State 112
6. Louisville 118
7. Southern Miss 184



In six seasons of Metro Conference membership the Seminole women posted five cross country team runner-up finishes to go along with individual titles by Brenda Moore (left) in 1985 and Carrie Boyd in 1989.

## 1989 - Blacksburg, Va.

1. South Carolina 39
2. Florida State 54
3. Virginia Tech 62
4. Louisville 81
5. Cincinnati 136
6. Tulane 158
7. Memphis State 199
8. Southern Miss 225

## 1990 - Cincinnati, Ohio

1. South Carolina 26
2. Louisville 52
3. Virginia Tech 75
4. Florida State 83
5. Cincinnati 145
6. Tulane 184
7. Memphis State 188
8. Southern Miss 226

## 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

# Women's Region History & Honors



## NCAA South Region

- |      |  |
|------|--|
| 2000 | 1. South Florida (71)...5. Florida State (134) |
| 2001 | 1. Georgia Tech (54)... 3. Florida State (113) |
| 2002 | 1. Tennessee (72)... 2. Florida State (74)     |
| 2003 | 1. Tennessee (71)... 2. Florida State (93)     |
| 2004 | 1. Tennessee (78)... 4. Florida State (176)    |
| 2005 | 1. Tennessee (76)... 3. Florida State (118)    |
| 2006 | 1. Georgia (35)... 4. Florida State (84)       |
| 2007 | 1. Florida State (40)... 2. Georgia (75)*      |
| 2008 | 1. Florida State (41)... 2. Florida (64)       |
| 2009 | 1. Florida (33)... 2. Florida State (54)       |
| 2010 | 1. Florida State (24)... 2. Florida (67)       |
| 2011 | 1. Florida State (34)... 2. Vanderbilt (54)    |
| 2012 | 1. Florida State (27)... 2. Vanderbilt (54)    |
| 2013 | 1. Florida State (35)... 2. Vanderbilt (116)   |
| 2014 | 1. Vanderbilt (52)...2. Florida State (53)     |
| 2015 | 1. Vanderbilt (65)...4. Florida State (139)    |

## All-South Region

- |      |   |
|------|---|
| 2000 | Brooke Bastien<br>Katie Jeffrey   |
| 2001 | Vicky Gill<br>Natalie Hughes<br>Katie Jeffrey   |
| 2002 | <b>Vicky Gill*</b><br>Natalie Hughes<br>Misty Harper<br>Allison Lind  |
| 2003 | Vicky Gill<br>Natalie Hughes<br>Anne Clinton<br>Helen Hofstede<br>Laura Bowerman<br>Natalie Hughes  |
| 2004 | Laura Bowerman<br>Natalie Hughes  |
| 2005 | Laura Bowerman<br>Abi Wilshire  |
| 2006 | <b>Susan Kuijken*</b><br>Jessica Crate<br>Amy Huss<br>Abi Wilshire  |
| 2007 | <b>Susan Kuijken*</b><br>Hannah England<br>Kirsten Hagen<br>Audrey Hand<br>Pilar McShine<br>Barbara Parker<br>Lydia Willemse<br>Kacey Gibson<br>Susan Kuijken<br>Pilar McShine<br>Linzi Snow<br>Lydia Willemse<br>Christina Woytalewicz |
| 2008 | Pasca Cheruiyot<br>Jennifer Dunn<br>Pilar McShine<br>Jessica Parry<br>Amanda Winslow  |
| 2009 |   |

- |      |   |
|------|---|
| 2010 | Pasca Cheruiyot<br>Pilar McShine<br>Jessica Parry<br>Jennifer Dunn<br>Hannah Brooks<br>Amanda Winslow<br>Astrid Leutert         |
| 2011 | <b>Amanda Winslow*</b><br>Hannah Brooks<br>Violah Lagat<br>Collen Quigley<br>Kayleigh Tyerman<br>Aubree Worden<br>Jessica Parry |
| 2012 | <b>Violah Lagat*</b><br>Collen Quigley<br>Amanda Winslow<br>Kayleigh Tyerman<br>Georgia Peel<br>Jessica Parry<br>Jennifer Dunn  |
| 2013 | <b>Colleen Quigley*</b><br>Hannah Walker<br>Linden Hall<br>Pippa Woolven<br>Carly Thomas  |
| 2014 | <b>Colleen Quigley*</b><br>Pippa Woolven<br>Linden Hall<br>Bridget Blake<br>Chelsi Woodruff                                     |
| 2015 | Carmela Cardama Baez<br>Bridget Blake<br>Christine Griggs   |

\* - South Region champion



Above, left, Vicky Gill delivered the Florida State women their first NCAA South Region individual title in 2002 and went on to earn two All-American honors. Gill was inducted in the FSU Athletic Hall of Fame in 2015. Left, Violah Lagat (2012), Colleen Quigley (2013-2014) and Amanda Winslow (2011), seen here running on FSU Apalachee Regional Park course at the 2012 South Region Championship, combined for four individual titles and seven All-American honors over the course of their careers. Their region wins came during a stretch of four consecutive team titles for the Noles.

# Women's Academic Honors

## All-ACC Academic

- 2005 Laura Bowerman  
Abi Wilshire
- 2006 Amy Huss  
Abi Wilshire
- 2007 Hannah England  
Kirsten Hagen  
Susan Kuijken  
Lydia Willemse
- 2008 Lydia Willemse  
Lesley Van Miert
- 2009 Susan Kuijken  
Pasca Cheruiyot  
Jennifer Dunn  
Jessica Parry  
Amanda Winslow
- 2010 Jennifer Dunn  
Pasca Cheruiyot  
Pilar McShine  
Jessica Parry  
Hannah Brooks  
Amanda Winslow
- 2011 Hannah Brooks  
Amanda Winslow  
Jessica Parry  
Colleen Quigley  
Kayleigh Tyerman  
Aubree Worden
- 2012 Jennifer Dunn  
Jessica Parry  
Colleen Quigley  
Kayleigh Tyerman  
Amanda Winslow
- 2013 Colleen Quigley  
Linden Hall  
Hannah Walker  
Pippa Woolven
- 2014 Colleen Quigley  
Linden Hall  
Pippa Woolven  
Georgia Peel
- 2015 Carmela Cardama Baez  
Christine Griggs  
Georgia Peel

## ACC Scholar-Athlete of the Year

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

## National 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)  
2015-16 Chelsea Jarvis (1st team)



Kuijken



Brooks



Winslow



Quigley



Colleen Quigley (left) and Amanda Winslow (right) are among the most decorated cross country Seminoles off the course as well. Quigley, a four-time All-ACC Academic, a two-time Academic All-American and the 2013 ACC Scholar-Athlete of the Year was finalist for NCAA Woman of the Year honors in 2014-15. Winslow was also a four-time All-ACC Academic selection and an Academic All-American. She was NCAA Woman of the Year top 30 finalist for 2012-13 and was also ACC Scholar-Athlete of the Year for Indoor Track & Field as a senior.



Jennifer Dunn (left) was the ACC Scholar-Athlete of the Year in 2010 and a three-time All-ACC Academic honoree. At right, Pasca Cheruiyot and Pilar McShine were also All-ACC Academic honorees in 2010.

## USTFCCCA All-Academic

- 2000 Brooke Bastien  
2005 Abi Wilshire  
2006 Debbie Huss  
Abi Wilshire
- 2007 Audrey Hand  
Kirsten Hagen  
Lydia Willemse
- 2008 Lydia Willemse  
2009 Jennifer Dunn  
Jessica Parry  
Amanda Winslow
- 2010 Hannah Brooks  
Jennifer Dunn  
Jessica Parry  
Amanda Winslow
- 2011 Hannah Brooks  
Amanda Winslow  
Jessica Parry  
Colleen Quigley  
Kayleigh Tyerman  
Aubree Worden
- 2012 Jennifer Dunn  
Jessica Parry  
Colleen Quigley  
Kayleigh Tyerman  
Amanda Winslow
- 2013 Colleen Quigley  
Linden Hall  
Hannah Walker  
Pippa Woolven
- 2014 Colleen Quigley  
Linden Hall  
Pippa Woolven  
Carmela Cardama Baez  
Bridget Blake  
Christine Griggs

## USTFCCCA All-Academic Team

(3.0 team GPA required)

- 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  
2015 Florida State



# Men's History & Records

For 12 of the last 13 years, the Florida State men's cross country program has finished the season at the NCAA Championship meet; no small feat considering only 31 teams qualify.

Coach Bob Braman has been the architect of the program's success. Since taking the post in 2000, there has been at least one Seminole - and usually a team full - at the NCAA finale in 15 of 16 years. Highlighted by a runner-up finish in 2010 and a fifth-place showing in 2012, the Noles have proven they belong among the nation's elite.

Prior to Braman's arrival, FSU's men had made just one trip to the NCAA Championships (1981) and produced two All-Americans - Ken Misner in 1969 and Herb Wills in 1981. They have since turned out seven All-Americans.

Competing in arguably the nation's strongest conference - the ACC - FSU has consistently produced title-contenders. The 2010 Noles brought home the program's lone ACC team title, finished second five times and have only once finished outside the top half of what is now a 15-team league.

Two-time individual ACC champion Andrew Lemoncello is one of three former FSU standouts who have competed in the Olympics, joining Tom Lancashire and Ciaran O'Lionaird.

Prior to joining the ACC, the Noles were a consistent power over a 15-year run in the Metro Conference, with three team titles and five runner-up finishes, much of which was compiled under the direction of coach John Brogle.

Launched in 1962, the program enjoyed dual meet success under coaches Verlyn Giles, Mike Long and Dick Roberts - one of the school's first distance running standouts - before Brogle authored a seven-year run of success.

Braman has tapped into FSU's rich resources, luring top talent to Tallahassee's endless miles of soft surface trails. He helped carve out the Apalachee Regional Park course the Noles call home; one of the finest dedicated facilities in the country. Having hosted ACC and NCAA Region championships, he hopes to bring the NCAA Championships to Tallahassee in the not-too-distant future.



## All-Time NCAA Championship Performances

### NCAA Championships

1981	1. UTEP (17)...	8. Florida State (257)
2003	1. Stanford (24)...	29. Florida State (733)
2004	1. Colorado (90)...	17. Florida State (438)
2005	1. Wisconsin (37)...	18. Florida State (471)
2006	1. Colorado (94)...	30. Florida State (602)
2007	1. Oregon (85)...	20. Florida State (454)
2008	1. Oregon (93)...	26. Florida State (576)
2009	1. Oklahoma St. (127)...	30. Florida State (612)
2010	1. Oklahoma St. (73)...	2. Florida State (193)
2011	1. Wisconsin (97)...	12. Florida State (348)
2012	1. Oklahoma St. (72)...	5. Florida State (238)
2014	1. Colorado (65)...	31. Florida State (822)
2015	1. Syracuse (82)...	29. Florida State (598)

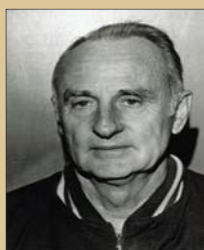
### Individual Qualifiers

1968	Ken Misner (55th)
1969	Ken Misner (13th); Del Ramers (142nd)
1970	Ken Misner (42nd); Del Ramers (192nd)
1971	Del Ramers (128th); Robert Brooks (256th)
1980	Larry Greene (151)
2001	Joep Tigchelaar (71st); Kim Bergdahl (208th)
2002	Joep Tigchelaar (107th)
2013	Bryant Blahnik (220th)

## All-Time Men's Cross Country Coaches



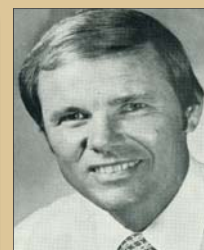
Verlyn Giles  
1962



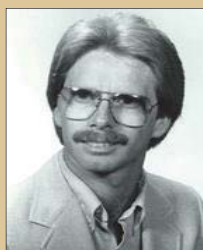
Mike Long  
1963-68



Dick Roberts  
1969-77



John Brogle  
1978-84



Al Schmidt  
1985-88



Sue Addison  
1989-93



Scott Irving  
1994-99



Bob Braman  
2000-present

# Men's All-Time All-Americans



Ken Misner  
1969



Herb Wills  
1981



Andrew Lemoncello  
2005



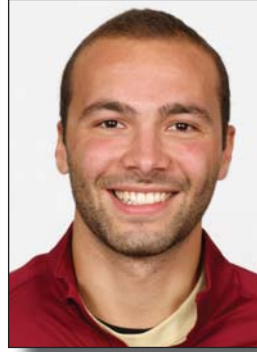
Ciaran O'Lionaird  
2010



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.



At left, the 2012 men's team of Seth Proctor, Breandan O'Neill, Zak Seddon, Jakub Zivec, Wes Rickman, David Forrester and AJ del Valle (not pictured) rose to the occasion in Louisville for a fifth-place NCAA Championship finish; second-best in program history. Right, Michael Fout closed out his career in 2011 as the lone two-time All-American in program history.





# Men's ACC History & Honors

## 1991 - @Chapel Hill, N.C.

1. NC State	52
2. Wake Forest	61
3. North Carolina	63
4. Clemson	68
5. Virginia	147
6. Georgia Tech	152
7. Florida State	200
8. Maryland	210
9. Duke	235

## 1992 - @Raleigh, N.C.

1. NC State	46
2. Wake Forest	48
3. Clemson	91
4. North Carolina	105
5. Georgia Tech	106
6. Virginia	122
7. Maryland	211
8. Florida State	230
9. Duke	233

## 1993 - @Clemson, S.C.

1. Wake Forest	36
2. NC State	59
3. Clemson	69
4. Georgia Tech	92
5. Virginia	118
6. Duke	183
7. North Carolina	211
8. Florida State	220
9. Maryland	237

## 1994 - @Atlanta, Ga.

1. Wake Forest	46
2. NC State	53
3. Georgia Tech	108
4. North Carolina	110
5. Clemson	114
6. Virginia	127
7. Duke	176
8. Maryland	200
8. Florida State	273

## 1995 - @Winston-Salem, N.C.

1. NC State	18
2. Wake Forest	67
3. North Carolina	121
4. Virginia	133
5. Duke	148
6. Clemson	152
7. Georgia Tech	161
8. Maryland	161
9. Florida State	230

## 1996 - @College Park, Md.

1. NC State	30
2. Wake Forest	40
3. North Carolina	82
4. Duke	114
5. Clemson	127
6. Virginia	143
7. Florida State	217
8. Georgia Tech	222
9. Maryland	231

## 1997 - @Tallahassee, Fla.

1. NC State	24
2. Wake Forest	73
3. Clemson	75
4. North Carolina	86
5. Duke	117
6. Virginia	184
7. Georgia Tech	188
8. Maryland	220
9. Florida State	232

## 1998 - @Charlottesville, Va.

1. NC State	26
2. Duke	75
3. Clemson	94
4. Virginia	101
5. North Carolina	121
6. Wake Forest	169
7. Georgia Tech	201
8. Florida State	210
9. Maryland	248

## 1999 - @Chapel Hill, N.C.

1. NC State	16
2. Duke	70
3. Wake Forest	99
4. Virginia	106
5. Clemson	126
6. Georgia Tech	162
7. North Carolina	179
8. Florida State	218
9. Maryland	249

## 2000 - @Raleigh, N.C.

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

## 2001 - @Clemson, S.C.

1. NC State	26
2. Wake Forest	45
3. Duke	94
4. Virginia	114
5. Florida State	134
6. Georgia Tech	153
7. Clemson	187
8. North Carolina	221
9. Maryland	274

## 2002 - @Atlanta, Ga.

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

## 2003 - @Winston-Salem, N.C.

1. NC State	27
2. Florida State	66
3. Virginia	83
4. Clemson	130
5. Wake Forest	139
6. Georgia Tech	156
7. Maryland	161
8. North Carolina	183
9. Duke	206

## 2004 - College Park, Md.

1. NC State	47
2. Florida State	48
3. Virginia	85
4. Clemson	87
5. Duke	99
6. Wake Forest	172
7. Maryland	198
8. Georgia Tech	227
9. Virginia Tech	249
10. North Carolina	295
11. Miami	313

## 2005 - Tallahassee, Fla.

1. Virginia	30
2. Florida State	38
3. NC State	103
4. Wake Forest	136
5. Duke	142
6. Virginia Tech	174
7. Clemson	175
8. North Carolina	198
9. Boston College	201
10. Maryland	304
11. Miami	342
12. Georgia Tech	356

## 2006 - @Charlottesville, Va.

1. NC State	31
2. Florida State ~	79
3. Virginia	87
4. Duke	124
5. Clemson	132
6. Virginia Tech	145
7. Boston College	196
8. North Carolina	213
9. Wake Forest	217
10. Maryland	261
11. Georgia Tech	315
12. Miami	348

## 2007 - @Charlottesville, Va.

1. Virginia	32
2. NC State	39
3. Florida State ~	130
4. Clemson	137
5. Virginia Tech	139
6. Duke	156
7. Wake Forest	193
8. Boston College	195
9. Maryland	206
10. North Carolina	246
11. Georgia Tech	271
12. Miami	381

## 2008 - Chapel Hill, N.C.

1. Virginia	40
2. NC State	56
3. Virginia Tech	75
4. Florida State	80
5. Duke	127
6. Maryland	199
7. Boston College	199
8. North Carolina	209
9. Clemson	212
10. Georgia Tech	239
11. Wake Forest	342
12. Miami	372

## 2009 - Cary, N.C.

1. NC State	56
2. Virginia	71
3. Florida State	72
4. Duke	74
5. Virginia Tech	122
6. North Carolina	138
7. Maryland	219
8. Georgia Tech	239
9. Wake Forest	281
10. Boston College	287
11. Clemson	293
12. Miami	395

## 2010 - Chestnut Hill, Mass.

1. Florida State	43
2. NC State	81
3. North Carolina	84
4. Virginia	92
5. Duke	93
6. Wake Forest	209
7. Virginia Tech	242
8. Maryland	244
9. Boston College	254
10. Clemson	267
11. Georgia Tech	271
12. Miami	357

## 2011 - Clemson, S.C.

1. NC State	51
2. Florida State	55
3. North Carolina	84
4. Virginia Tech	116
5. Duke	116
6. Virginia	169
7. Wake Forest	212
8. Maryland	232
9. Georgia Tech	239
10. Clemson	268
11. Boston College	281
12. Miami	372

## 2012 - Blacksburg, Va.

1. Virginia Tech	55
2. Virginia	61
3. Florida State	62
4. NC State	74
5. Duke	112
6. North Carolina	149
7. Wake Forest	209
8. Boston College	246
9. Georgia Tech	272
10. Clemson	280
11. Miami	242

## 2013 - Kernersville, N.C.

1. Syracuse	64
2. North Carolina	84
3. Notre Dame	105
4. Virginia	108
5. Virginia Tech	120
6. Duke	137
7. Florida State	145
8. NC State	154
9. Georgia Tech	256
10. Wake Forest	274
11. Clemson	341
12. Pitt	366
13. Miami	409

## 2014 - Charlottesville, Va.

1. Syracuse	32
2. NC State	90
3. North Carolina	95
4. Virginia	121
5. Florida State	158
6. Virginia Tech	163
7. Notre Dame	189
8. Louisville	191
9. Clemson	245
10. Georgia Tech	277
11. Wake Forest	291
12. Duke	296
13. Pitt	353
14. Boston College	435
15. Miami	500

## 2015 - Tallahassee, Fla.

1. Syracuse	46
2. NC State	95
3. Virginia	115
4. Virginia Tech	120
5. Louisville	130
6. Notre Dame	147
7. Florida State	172
8. Duke	187
9. North Carolina	189
10. Georgia Tech	209
11. Clemson	318
12. Boston College	360
13. Pitt	368
14. Wake Forest	410
15. Miami	488

~ - title vacated per NCAA Committee on Infractions

# Men's ACC History & Honors

## All-ACC

2001	Joep Tigchelaar
2002	Joep Tigchelaar
2003	Joep Tigchelaar Ian Hornabrook
2004	<b>Andrew Lemoncello*</b> Ian Hornabrook Tom Lancashire Eddie Rodriguez
2005	<b>Andrew Lemoncello*</b> 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
2015	Harry Mulenga Stanley Linton

\* - 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



Tigchelaar



Rickman



Zivec



del Valle



2010 ACC Champions



Andrew Lemoncello (above) won back-to-back ACC Championship individual titles, including the 2005 crown at FSU's home Miccosukee Greenway course. He is the program's only ACC champion in cross country, but one of five Noles to earn All-ACC honors three times. From top to bottom, the other four are: Joep Tigchelaar, Tom Lancashire, Matthew Leeder and David Forrester.



# Men's Metro History & Honors

## 1976 - @St. Louis, Mo.

1. Memphis State 43
2. Georgia Tech 65
3. Cincinnati 73
4. Florida State 78
5. Georgia Tech 79
6. Louisville 173

## 1977 - @Cincinnati, Ohio

1. Saint Louis 38
2. Cincinnati 59
3. Memphis State 71
4. Florida State 78
5. Georgia Tech 99
6. Louisville 142

## 1978 - @Tallahassee, Fla.

1. Florida State 43
2. Saint Louis 55
3. Virginia Tech 58
4. Cincinnati 90
5. Memphis State 92
6. Louisville 157
7. Tulane 218

## 1979 - @Memphis, Tenn.

1. Florida State 39
2. Virginia Tech 51
3. Memphis State 54
4. Cincinnati 98
5. Saint Louis 140
6. Louisville 152
7. Tulane 196

## 1980 - @St. Louis, Mo.

1. Virginia Tech 30
2. Florida State 38
3. Memphis State 86
4. Cincinnati 101
5. Louisville 154
6. Tulane 185
7. Saint Louis NTS

## 1981 - @New Orleans, La.

1. Virginia Tech 24
2. Florida State 31
3. Cincinnati 97
4. Memphis State 119
5. Louisville 124
6. Tulane 169

## 1982 - @Blacksburg, Va.

1. Florida State 37
2. Virginia Tech 41
3. Cincinnati 75
4. Memphis State 91
5. Louisville 124
6. Tulane 155
7. Southern Miss 170

## 1983 - @Cincinnati, Ohio

1. Virginia Tech 42
2. South Carolina 93
3. Cincinnati 97
4. Florida State 105
5. Memphis State 111
6. Southern Miss 135
7. Louisville 153
8. Tulane 164

## 1984 - @Tallahassee, Fla.

1. Virginia Tech 25
2. Florida State 94
3. Louisville 112
4. Memphis State 116
5. South Carolina 118
6. Tulane 130
7. Cincinnati 140
8. Southern Miss 156

## 1985 - @Louisville, Ky.

1. Virginia Tech 38
2. Cincinnati 71
3. Memphis State 98
4. South Carolina 99
5. Louisville 101
6. Florida State 110
7. Southern Miss 165

## 1986 - Memphis, Tenn.

1. Virginia Tech 39
2. South Carolina 55
3. Cincinnati 72
4. Florida State 102
5. Louisville 115
6. Memphis State 120
7. Southern Miss 127

## 1987 - Columbia, S.C.

1. Virginia Tech 31
2. Louisville 74
3. Cincinnati 87
4. Florida State 92
5. South Carolina 93
6. Southern Miss 155
7. Memphis State 170

## 1988 - @Hattiesburg, Ms.

1. Virginia Tech 33
2. South Carolina 83
3. Florida State 85
4. Cincinnati 115
5. Southern Miss 117
6. Louisville 123
7. Memphis 139

## 1989 - @Blacksburg, Va.

1. Virginia Tech 22
2. Florida State 55
3. South Carolina 98
4. Cincinnati 101
5. Memphis 128
6. Tulane 133
7. Louisville 162
8. Southern Miss 226

## 1990 - @Cincinnati, Ohio

1. Virginia Tech 24
2. Florida State 64
3. South Carolina 79
4. Louisville 123
5. Cincinnati 139
6. Memphis 145
7. Tulane 182
8. Southern Miss 205



The 1978 squad won the Metro Championships; FSU's first all-time.



The 1979 squad secured back-to-back Metro titles and added a third in '82.

## All-Metro

- |      |                       |
|------|-----------------------|
| 1976 | Donnie Cook           |
|      | Ron Montgomery        |
| 1977 | Donnie Cook           |
| 1978 | <i>Herb Wills*</i>    |
|      | Tom Herron            |
|      | John Hodge            |
|      | Doug Overfelt         |
| 1979 | Doug Overfelt         |
|      | Marc Trigg            |
|      | John Hodge            |
|      | Herb Wills            |
|      | Tom Herron            |
| 1980 | <i>Larry Greene*</i>  |
|      | Herb Wills            |
|      | Brett Hoffman         |
| 1981 | <i>Herb Wills*</i>    |
|      | Larry Greene          |
|      | Marc Trigg            |
|      | Doug Overfelt         |
|      | Ron Treadway          |
|      | Phillip Rolle         |
|      | Scott Taylor          |
| 1982 | <i>Phillip Rolle*</i> |
|      | 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 Champ



Herb Wills was Florida State's first individual conference champion, winning the 1978 Metro title as a freshman and again as a senior in 1981. He remains the only four-time All-Conference performer in men's program history.



# Men's Region History & Honors

## NCAA South Region

2000	1. Alabama (47)...9. Florida State (253)
2001	1. Alabama (55)... 3. Florida State (85)
2002	1. Tennessee (51)... 4. Florida State (104)
2003	1. Georgia (37)... 2. Florida State (64)
2004	1. Florida State (59)... 2. Florida (71)
2005	1. Alabama (40)... 2. Florida State (47)
2006	1. Florida State (67)... 2. Alabama (88)
2007	1. Alabama (28)... 2. Florida State (52)
2008	1. Alabama (49)... 3. Florida State (66)
2009	1. Alabama (45)... 2. Florida State (80)
2010	1. Alabama (30)... 2. Florida State (55)
2011	1. Florida State (40)... 2. Florida (68)
2012	1. Florida State (27)... 2. Georgia (48)
2013	1. Georgia (72)... 3. Florida State (101)
2014	1. Mississippi (52)...2. Florida State (94)
2015	1. Florida State (58)...2. Mississippi (62)



Photos from top to bottom: Breandan O'Neill (left) and Jakub Zivec (right) finished side-by-side at the 2012 NCAA South Region Championships, the first contested at FSU's Apalachee Regional Park course. Zivec was credited with the victory. In the middle photo, from left to right, Mike Fout, Breandan O'Neill and David Forrester led the Noles to the 2011 South Region team title with Forrester and Fout finishing 1-2 and O'Neill placing fourth in Tuscaloosa, Ala. Ciaran O'Lionaird won the 2010 NCAA South Region title in Hoover, Ala. and a week later led the Seminoles to the best NCAA Championships finish in program history as FSU was second in Terre Haute, Ind.

## All-South Region

2000	Dave Guerra
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	<b>Andrew Lemoncello*</b> Ian Hornabrook Tom Lancashire Eddie Rodriguez
2005	<b>Andrew Lemoncello*</b> Sean Burreis Kevin Cook Tom Lancashire Phil Nicholls
2006	Mark Buckingham Luke Gunn Tom Lancashire Andrew Lemoncello
2007	Mark Buckingham Luke Gunn Steeve Gabart Matt Leeder Daniel Roberts
2008	Steeve Gabart Jason Lakritz Matt Leeder Daniel Roberts Nick Sunseri
2009	Matt Leeder Ciaran O'Lionaird Wes Rickman Daniel Roberts
2010	<b>Ciaran O'Lionaird*</b> Michael Fout Matt Leeder Seth Proctor Wes Rickman Alex Smyth

2011	<b>David Forrester*</b> Michael Fout Breandan O'Neill Seth Proctor Jakub Zivec
2012	<b>Jakub Zivec*</b> 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
2015	Harry Mulenga Zak Seddon Jack Goodwin Stanley Linton Grant Nykaza

\* - NCAA South Region champion



# Men's Academic Honors

## 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
2015	Bryce Kelley Stanley Linton

## ACC Scholar-Athlete of the Year

2009	Matt Leeder
2011	Michael Fout
2012	Jakub Zivec

## National 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)



Lancashire

## 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)



Fout



From 2009-2012, Florida State produced three ACC Men's Cross Country Scholar-Athlete of the Year winners in - left to right - Matt Leeder, Michael Fout and 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
2015	Stanley Linton

## USTFCCCA All-Academic Team

(3.0 team GPA required)

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

# Olympians



Andrew Lemoncello  
2008



Tom Lancashire  
2008



Ciaran O'Lionaird  
2012





# 2016 FSU Cross Country Schedule

<b>Sept. 2</b>	<b>Covered Bridge Open</b>	<b>Boone, N.C.</b>
<b>Sept. 16</b>	<b>adidas XC Challenge</b>	<b>Gary, N.C.</b>
<b>Sept. 24</b>	<b>Mountain Dew Invitational</b>	<b>Gainesville, Fla.</b>
<b>Sept. 30</b>	<b>Notre Dame Invitational</b>	<b>Notre Dame, Ind.</b>
<b>Oct. 7</b>	<b>FSU Invitational</b>	<b>Tallahassee, Fla.</b>
<b>Oct. 14</b>	<b>Wisconsin Invitational</b>	<b>Madison, Wisc.</b>
<b>Oct. 14</b>	<b>Crimson Classic</b>	<b>Tuscaloosa, Ala.</b>
<b>Oct. 28</b>	<b>ACC Championships</b>	<b>Gary, N.C.</b>
<b>Nov. 11</b>	<b>NCAA South Region</b>	<b>Tallahassee, Fla.</b>
<b>Nov. 19</b>	<b>NCAA Championships</b>	<b>Terre Haute, Ind.</b>