

# CROSS COUNTRY



**SEMINOLES**

TRACK & FIELD  
CROSS COUNTRY



**2010 NCAA Championships Men's & Women's Runner-Ups**

### Men's NCAA Championship Team Results

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)
2018	1. Northern Arizona (83)... 31. Florida State (845)
2019	1. BYU (109)... 29. Florida State (694)

### Individual Qualifier Results

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 (151st)
2001	Joep Tigchelaar (71st); Kim Bergdahl (208th)
2002	Joep Tigchelaar (107th)
2013	Bryant Blahnik (220th)
2016	Harry Mulenga (82nd)
2017	Michael Hall (132nd)

### Women's NCAA Championship Team Results

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)
2018	1. Colorado (65)... 26. Florida State (584)
2019	1. Arkansas (96)... 12. Florida State (308)

### Individual Qualifier Results

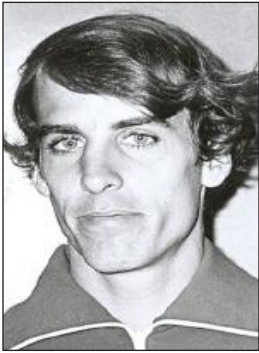
2001	Vicky Gill (122nd)
2005	Laura Bowerman (127th)
2016	Carmela Cardama Baez (73rd)

### AIAW Championship Team Results

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^
1980	1. NC State... 21. Florida State
1981	1. Iowa State... 11. Florida State

^ - meet hosted by FSU at the Seminole Golf Course



**Ken Misner**  
1969



**Herb Wills**  
1981

## FSU 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 Golf Course, 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	E.P. "Tom" Sawyer Park, Louisville, Ky.
	Breandan O'Neill	28th/29:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.



**Andrew Lemoncello**  
2005



**Ciaran O'Lionaird**  
2010



**Mike Fout**  
2010, 2011



**David Forrester**  
2011



**Jakub Zivec**  
2012



**Breandan O'Neill**  
2012



Clockwise from top photo: The 2012 team, including All-Americans Jakub Zivec and Breandan O'Neill, celebrate their fifth-place team finish. Above, Mike Fout, a one-time Foot Locker national champion, is the only two-time All-American for the men. At the left, coach John Brogle celebrate with Herb Wills, who became the second cross country All-American for the Seminoles in 1981 with 16th-place finish.

## FSU 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	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Colleen Quigley	12th / 19:53.2	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Amanda Winslow	17th / 20:02.4	E.P. "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.
2018	Militsa Mircheva	25th / 20:32.9	Zimmer Course, Madison, Wisc.

# - AIAW All-American



**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



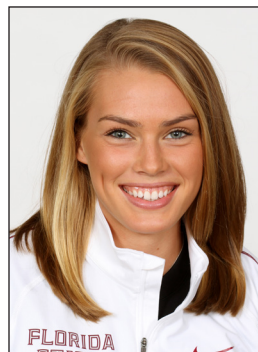
**Jessica Parry**  
2010



**Hannah Brooks**  
2011



**Violah Lagat**  
2012



**Colleen Quigley**  
2012, 2013, 2014

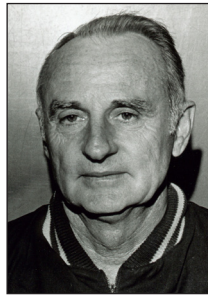


**Militsa Mircheva**  
2018

## All-Time Men's Coaches



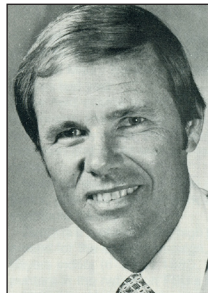
**Verlyn Giles**  
1962



**Mike Long**  
1963, 1966-68



**Dick Roberts**  
1964-65, 1969-77



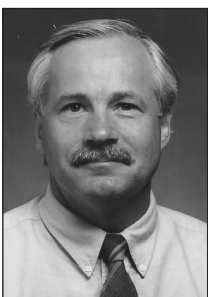
**John Brogle**  
1978-84



**Al Schmidt**  
1985-88



**Sue Addison**  
1989-91

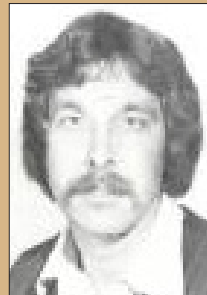


**Scott Irving**  
1992-99



**Bob Braman**  
2000-present

## All-Time Women's Coaches



**Paul Toran**  
1974-79



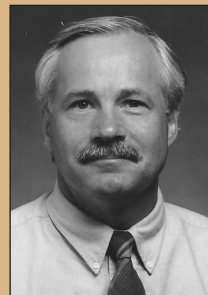
**Roger Smith**  
1980-81



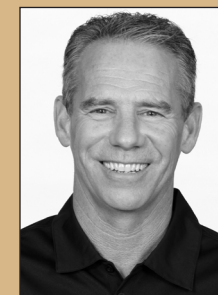
**Al Schmidt**  
1982-88



**Sue Addison**  
1989-93



**Scott Irving**  
1994-99



**Bob Braman**  
2000-06



**Karen Harvey**  
2007-2014



**Kelly Phillips**  
2015-present

## All-ACC Honors

**2001**  
Joep Tigchelaar

**2002**  
Joep Tigchelaar

**2003**  
Joep Tigchelaar  
Ian Hornabrook

**2004**  
Andrew Lemoncello\*

Tom Lancashire  
Eddie Rodriguez

**2005**  
Andrew Lemoncello\*

Tom Lancashire  
Sean Burriss  
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  
**2016**

Harry Mulenga  
**2017**

David Barney  
**2018**

Caleb Pottorff  
**2019**

Kasey Knevelbaard  
Paul Stafford

\* - ACC Individual Champion

### FSU Multiple All-ACC Selections

David Forrester ..... 3  
Tom Lancashire ..... 3

Matt Leeder ..... 3  
Andrew Lemoncello ..... 3

Joep Tigchelaar ..... 3  
Harry Mulenga ..... 2

Ciaran O'Lionaird ..... 2  
Breandan O'Neill ..... 2

Jakub Zivec ..... 2

### All-Time All-ACC Selections by School

NC State ..... 122  
Virginia ..... 60

Florida State ..... 44  
Wake Forest ..... 47

Syracuse ..... 44  
Clemson ..... 37

North Carolina ..... 32  
Duke ..... 25

Virginia Tech ..... 23  
Notre Dame ..... 16

Maryland ..... 12  
Louisville ..... 9

Georgia Tech ..... 7  
Boston College ..... 6

Pitt ..... 17



Andrew Lemoncello won back-to-back ACC individual cross country titles in 2004 and 2005.

## ACC Runners of the Week

**2004**  
Sept. 7 Luke Beevor  
Sept. 14 Andrew Lemoncello

Oct. 4 Andrew Lemoncello  
Oct. 18 Andrew Lemoncello

**2005**  
Sept. 19 Andrew Lemoncello  
Oct. 3 Andrew Lemoncello

**2006**  
Oct. 16 Andrew Lemoncello

**2007**  
Sept. 4 Mark Buckingham

**2008**  
Sept. 22 Luke Gunn  
Oct. 6 Luke Gunn

Oct. 20 Daniel Roberts

**2010**  
Oct. 11 Justin Harbor

**2011**  
Sept. 6 Scott Proctor  
Oct. 4 Michael Fout

**2012**  
Sept. 4 Paul Lagno  
Sept. 18 Zak Seddon

Oct. 2 Jakub Zivec

**2013**  
Sept. 4 Zak Seddon  
Oct. 15 Sean Quinn

**2015**  
Sept. 8 Jack Goodwin  
Sept. 22 Zak Seddon

**2016**  
Sept. 2 Steven Cross\*  
Sept. 6 Harry Mulenga

Sept. 20 Harry Mulenga  
Oct. 4 Steven Cross\*

Oct. 11 Steven Cross\*  
Oct. 11 Michael Callegari

**2017**  
Sept. 20 David Barney  
Oct. 11 Michael Hall

**2018**  
Sept. 5 Caleb Pottorff  
Sept. 19 Caleb Pottorff

**2019**  
Sept. 4 Kasey Knevelbaard  
Oct. 16 Jacob Holmes

Oct. 23 Kasey Knevelbaard  
**2020**

Sept. 23 Paul Stafford  
Oct. 21 Paul Stafford

### FSU ACC Runner of the Week Leaders

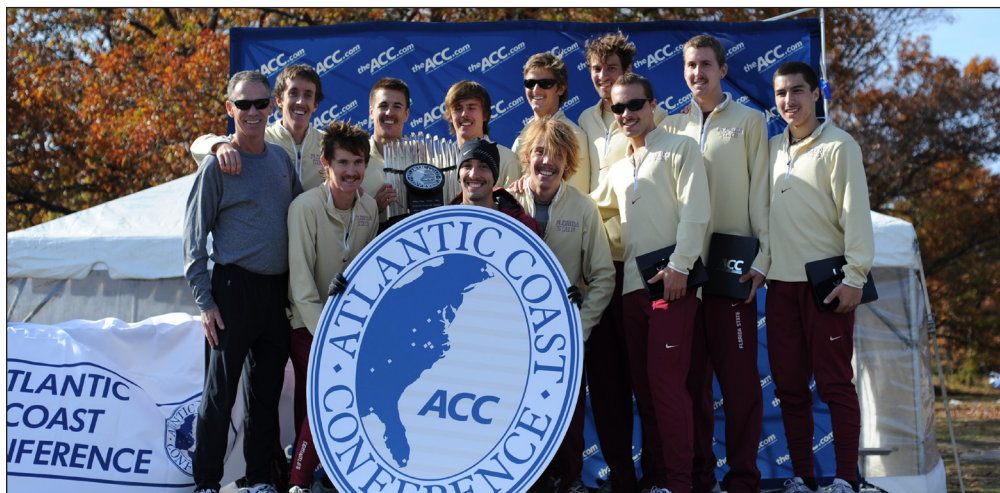
Andrew Lemoncello ..... 6  
Zak Seddon ..... 3

Steven Cross ..... 3\*  
Luke Gunn ..... 2

Kasey Knevelbaard ..... 2  
Harry Mulenga ..... 2

Caleb Pottorff ..... 2  
Paul Stafford ..... 2

\* - Freshman of the Week



The Florida State men won the 2010 ACC Cross Country Championships at Boston's Franklin Park.

## Men's ACC Awards

ACC Freshman of the Year

Joep Tigchelaar - 2001

Wes Rickman - 2009

Jakub Zivec - 2010

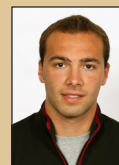
A.J. del Valle - 2011



Tigchelaar



Rickman



Zivec



del Valle

ACC Coach of the Year

Bob Braman - 2003

Bob Braman - 2010







FSU won its fifth and most recent NCAA South Region title in 2015 at Alabama.

## NCAA South Region Finishes

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)
2016	1. Mississippi (46)...3. Florida State (127)
2017	1. Middle Tennessee (71)...4. Florida State (128)
2018	1. Mississippi (45)...2. Florida State (92)
2019	1. Mississippi (69)...4. Florida State (136)

## All-Region Honors

### 2000

Dave Guerra

### 2001

Kim Bergdahl

Dave Guerra

Joep Tigchelaar

### 2002

Nathan Adams

Joep Tigchelaar

Maarten van de Heuvel

### 2003

Luke Beevor

Kevin Cook

Ian Hornabrook

Eddie Rodriguez

Joep Tigchelaar

### 2004

Andrew Lemoncello\*

Ian Hornabrook

Tom Lancashire

Eddie Rodriguez

### 2005

Andrew Lemoncello\*

Sean Burris

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

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

### 2015

Harry Mulenga

Zak Seddon

Jack Goodwin

Stanley Linton

Grant Nykaza

### 2016

Harry Mulenga

### 2017

Michael Hall

David Barney

Stanley Linton

### 2018

Caleb Pottorff

Steven Cross

Toby Hardwick

Paul Stafford

### 2019

Caleb Pottorff

Steven Cross

\* - NCAA South Region champion

### Multiple All-Region Selections

Matt Leeder	4
Zak Seddon	4
Joep Tigchelaar	3
Tom Lancashire	3
Andrew Lemoncello	3
Daniel Roberts	3
Wes Rickman	3
Seth Proctor	3
Dave Guerra, Ian Hornabrook, Eddie Rodriguez, Kevin Cook, Luke Gunn, Mark Buckingham, Steve Gabart, Ciaran O'Lionaird, Michael Fout, David Forrester, Breandan O'Neill, Jakub Zivec, Jack Goodwin, Harry Mulenga, Stanley Linton, Caleb Pottorff, Steven Cross	2



Photo above: 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 as the Noles won their second consecutive team title. Photos at left: Matthew Leeder and Zak Seddon hold the distinction as the only Seminoles to earn All-South Region honors four times in their careers. Leeder did it from 2007-10, while Seddon accomplished the feat from 2012-15.



All-ACC Honors

**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  
**2014**  
Colleen Quigley

Linden Hall  
Pippa Woolven  
**2015**  
Carmela Cardama Baez  
**2016**  
Carmela Cardama Baez  
**2017**  
Militsa Mircheva  
**2018**  
Militsa Mircheva  
Elizabeth Funderburk  
**2019**  
Lauren Ryan  
Elizabeth Funderburk  
Maudie Skyring  
**2020**  
Addi Coggins  
Elizabeth Funderburk

Amanda Winslow .....2  
Jessica Parry ..... 2  
Violah Lagat ..... 2  
Kayleigh Tyerman ..... 2  
Linden Hall ..... 2  
Pippa Woolven ..... 2  
Carmela Cardama Baez .... 2  
Militsa Mircheva ..... 2  
Elizabeth Funderburk ..... 2

All-Time All-ACC Selections by School

NC State.....113  
North Carolina .....59  
Florida State .....50  
Virginia .....49  
Wake Forest .....44  
Duke .....37  
Clemson .....27  
Boston College .....23  
Notre Dame .....20  
Virginia Tech.....16  
Syracuse .....13  
Georgia Tech .....14  
Maryland .....8  
Louisville .....5  
Pitt .....2

\* - ACC Individual Champion  
**FSU Multiple All-ACC Selections**  
Susan Kuijken ..... 4  
Colleen Quigley .....4  
Elizabeth Funderburk.....3  
Vicky Gill ..... 3  
Pilar McShine ..... 3



Susan Kuijken won three consecutive ACC individual cross country titles (2007-09).

ACC Runners of the Week

**2007**  
Sept. 4 Susan Kuijken  
Sept. 15 Pilar McShine  
Oct. 2 Susan Kuijken  
Oct. 16 Susan Kuijken  
Oct. 23 Susan Kuijken  
**2008**  
Oct. 20 Susan Kuijken  
Nov. 3 Susan Kuijken  
**2009**  
Oct. 19 Susan Kuijken  
**2010**  
Oct. 18 Amanda Winslow  
**2011**  
Oct. 4 Amanda Winslow  
Oct. 18 Amanda Winslow

Sept. 20 Militsa Mircheva  
Oct. 11 Militsa Mircheva  
Oct. 11 Jodie Judd\*  
**2018**  
Sept. 5 Militsa Mircheva  
Sept. 5 Elizabeth Funderburk\*  
Oct. 2 Elizabeth Funderburk\*  
Oct. 23 Ella Swigler \*  
**2019**  
Sept. 4 Lauren Ryan  
Oct. 2 Erin Phelps  
Oct. 2 Yasmine Abbes\*  
Oct. 16 Erin Phelps  
Oct. 16 Yasmine Abbes\*  
Oct. 23 Elizabeth Funderburk

\* - Freshman of the Week  
**2020**  
Oct. 7 Alyson Churchill\*  
Oct. 21 Addi Coggins

**2012**  
Sept. 4 Linden Hall  
Oct. 2 Colleen Quigley  
Oct. 16 Violah Lagat  
Oct. 30 Violah Lagat  
**2013**  
Sept. 4 Hannah Walker  
Oct. 15 Colleen Quigley  
Oct. 22 Colleen Quigley  
**2014**  
Sept. 23 Colleen Quigley  
Oct. 7 Colleen Quigley  
**2015**  
Sept. 8 Georgia Peel  
**2016**  
Sept. 16 Carmela Cardama Baez  
Oct. 11 Bridget Blake  
Oct. 11 Megan Mooney\*  
**2017**  
Sept. 6 Militsa Mircheva

FSU ACC Runner of the Week Leaders

Susan Kuijken .....7  
Colleen Quigley .....5  
Militsa Mircheva .....4  
Amanda Winslow .....3  
Elizabeth Funderburk .....3  
Violah Lagat..... 2  
Erin Phelps .....2  
Yasmine Abbes .....2  
Caleb Pottorff ..... 2

Women's ACC Awards



Violah Lagat won the inaugural ACC Performer of the Year award in 2012..

**ACC Performer of the Year**  
Violah Lagat - 2012  
Colleen Quigley - 2013  
**ACC Freshman of the Year**  
Colleen Quigley - 2011



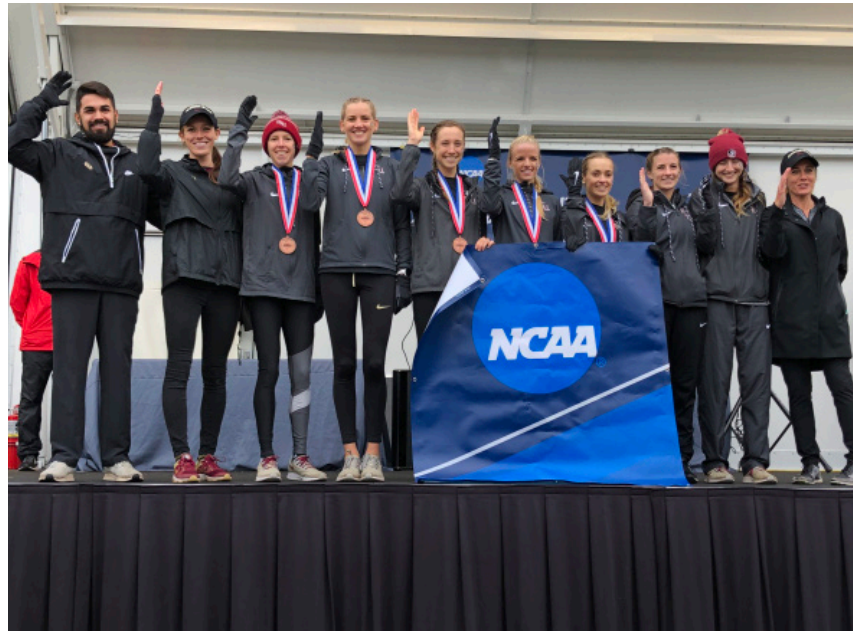
**ACC Coach of the Year**  
Karen Harvey - 2007  
Karen Harvey - 2008  
Karen Harvey - 2009  
Karen Harvey - 2010  
Karen Harvey - 2011  
Karen Harvey - 2012  
Karen Harvey - 2013



# Women's South Region History

## NCAA South Region Finishes

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)
2016	1. Mississippi State (66)... 7. Florida State (208)
2017	1. Mississippi (59)... 4. Florida State (129)
2018	1. Florida State (60)... 2. Florida (64)
2019	1. Florida State (42)... 2. Mississippi (100)



FSU won its second consecutive and eighth all-time South Region title at home in 2019.

## All-Region Selections



Above, left to right: Violah Lagat, Colleen Quigley and Amanda Winslow, seen here at the 2012 South Region Championship, combined for four consecutive South Region individual titles (2011-14) and 10 All-Region honors. Right: Militsa Mircheva raced to victory at the 2018 NCAA South Region Championships on her home course, leading the Noles to their first team title since 2013 and first NCAA Championships berth since 2014.



- 2000**  
Brooke Bastien  
Katie Jeffrey
- 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  
Christina Woytalewicz
- 2009**  
Pasca Cheruiyot  
Jennifer Dunn

- Pilar McShine  
Jessica Parry  
Amanda Winslow
- 2010**  
Pasca Cheruiyot  
Pilar McShine  
Jessica Parry  
Jennifer Dunn  
Hannah Brooks  
Amanda Winslow  
Astrid Leutert
- 2011**  
Amanda Winslow\*  
Hannah Brooks  
Violah Lagat  
Colleen Quigley  
Kayeigh Tyerman  
Aubree Worden  
Jessica Parry
- 2012**  
Violah Lagat\*  
Colleen Quigley  
Amanda Winslow  
Kayeigh 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
- 2015**  
Carmela Cardama Baez  
Bridget Blake  
Christine Griggs
- 2016**  
Carmela Cardama Baez
- 2017**

- Jodie Judd  
Emily Edwards
- 2018**  
Militsa Mircheva\*  
Elizabeth Funderburk  
Maudie Skyring  
Megan Mooney  
Jodie Judd
- 2019**  
Maudie Skyring  
Elizabeth Funderburk  
Addi Coggins  
Jodie Judd  
Lauren Ryan  
Rebecca Clark

\* - NCAA South Region champion

### Multiple All-Region Selections

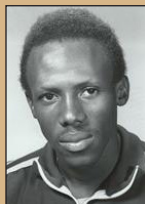
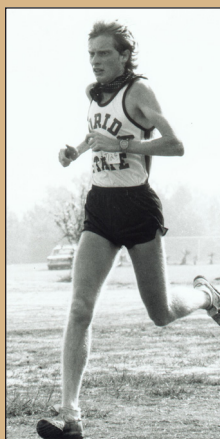
Natalie Hughes	.....4
Jessica Parry	..... 4
Amanda Winslow	.....4
Colleen Quigley	.....4
Vicky Gill	..... 3
Susan Kuijken	.....3
Pilar McShine	..... 3
Wes Rickman	..... 3
Jennifer Dunn	.....3
Jodie Judd	..... 3
Laura Bowerman, Abi Wilshire, Lydia Willemse, Pasca Cheruiyot, Hannah Brooks, Vilah Lagat, Kayeigh Tyerman, Linden Hall, Pippa Woolven, Bridget Blake, Carmela Cardama Baez, Elizabeth Funderburk, Maudie Skyring	..... 2

## Men's 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  
John Hodge  
Marc Trigg
- 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
- 1984 Paul Waldron  
Greg Doss  
Jeff Muth
- 1985 Matt Farnen
- 1986 Jacob Hosely  
David Keen
- 1987 David Keen
- 1988 David Keen
- 1989 David Keen  
Allen Williams  
Jason Frank  
Andy Penick
- 1990 Jason Frank  
Matthew Dobson  
Rob Circelli

\* - Metro Individual Champion

At right: Herb Wills won the first of his two Metro Conference cross country titles as a freshman in 1978, helping the Noles to their first team title. His second title came as a senior in 1981. Below, left to right: Larry Greene and Phillip Rolle also won individual titles, in 1980 and 1982, respectively.



FSU's 1978 men's team won the first of three Metro Conference cross country titles under coach John Brogle.

## Men's Metro Championship Results

### 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, OH

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

### 1978 @Tallahassee, FL

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, TN

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

## Women's Metro Results

### 1985 @Louisville, KY

1. Virginia Tech 29
2. Florida State 39
3. Cincinnati 81
4. Louisville 108
5. Southern Miss 119
6. Memphis State 177

### 1986 @Memphis, TN

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

### 1987 @Columbia, SC

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

### 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, OH

1. Virginia Tech 42
2. South Carolina 93
3. Cincinnati 97
4. Florida State 105
5. Memphis State 111
6. Southern Miss 135

### 1984 - @Tallahassee, FL

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, TN

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, SC

1. Virginia Tech 31

### 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, OH

1. Virginia Tech 24
2. Florida State 64
3. South Carolina 79
4. Louisville 123
5. Cincinnati 139
6. Memphis 145

## Women's 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



Moore



Boyd

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

\* - Metro Individual Champion

All-ACC Academic

Men

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

2016

Bryce Kelley  
Steven Cross

2017

David Barney  
Stanley Linton  
Istvan Szogi

2018

Steven Cross  
Caleb Pottorff  
Istvan Szogi

2019

Steven Cross  
Kasey Knevelbaard  
Caleb Pottorff  
Paul Stafford

Women

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

2016

Carmela Cardama Baez  
Catherine Blaney

2017

Emily Edwards  
Jodie Judd  
Militsa Mircheva

2018

Elizabeth Funderburk  
Jodie Judd  
Militsa Mircheva  
Megan Mooney  
Maudie Skyring

2019

Addi Coggins  
Elizabeth Funderburk  
Jodie Judd  
Erin Phelps  
Lauren Ryan  
Maudie Skyring



In 2013 Colleen Quigley became the first woman to sweep ACC Performer of the Year and Scholar-Athlete of the Year honors.

ACC Scholar-Athletes of the Year

Men

2009 Matt Leeder  
2011 Michael Fout  
2012 Jakub Zivec

Women

2008 Lydia Willemse  
2009 Susan Kuijken  
2010 Jennifer Dunn  
2011 Hannah Brooks  
2013 Colleen Quigley



Leeder Fout Zivec Willemse Kuijken Dunn Brooks

USTFCCCA All-Academic

Men

2006

Thomas Lancashire  
Andrew Lemoncello

2009

Matthew Leeder

2010

Michael Fout  
Ciaran O'Lionaird

2011

Michael Fout

2012

Seth Proctor  
Jakub Zivec

2014

Tyler Udland

2015

Stanley Linton

2017

David Barney  
Stanley Linton

2018

Steven Cross  
Caleb Pottorff

2019

Steven Cross  
Caleb Pottorff

Women

2000

Brooke Bastien

2006

Amy Huss

2007

Kirsten Hagen  
Audrey Hand  
Lydia Willemse

2008

Lydia Willemse

2009

Jennifer Dunn  
Jessica Parry  
Amanda Winslow

2010

Hannah Brooks  
Jennifer Dunn  
Jessica Parry  
Amanda Winslow

2011

Hannah Brooks  
Jessica Parry  
Colleen Quigley  
Kayleigh Tyerman  
Amanda Winslow  
Aubree Worden

2012

Jennifer Dunn  
Jessica Parry  
Colleen Quigley  
Kayleigh Tyerman  
Amanda Winslow

2013

Colleen Quigley  
Linden Hall  
Hannah Walker  
Pippa Woolven

2014

Pippa Woolven  
Linden Hall  
Colleen Quigley

2015

Carmela Cardama Baez  
Christine Griggs

2016

Carmela Cardama Baez

2017

Emily Edwards  
Jodie Judd

2018

Elizabeth Funderburk  
Militsa Mircheva  
Megan Mooney  
Maudie Skyring

Men's Team

Year	Team	GPA
1996	Florida State	3.09
2000	Florida State	3.13
2010	Florida State	3.11
2011	Florida State	3.13
2012	Florida State	3.207
2013	Florida State	3.37
2014	Florida State	3.00
2017	Florida State	3.17
2018	Florida State	3.14

Women's Team

Year	Team	GPA
1996	Florida State	3.29
1999	Florida State	3.25
2000	Florida State	3.27
2002	Florida State	3.13
2005	Florida State	3.372
2006	Florida State	n/a
2007	Florida State	3.29
2010	Florida State	3.187
2011	Florida State	3.33

2012	Florida State	3.399
2013	Florida State	3.14
2014	Florida State	3.36
2015	Florida State	3.286
2016	Florida State	3.36
2017	Florida State	3.48
2018	Florida State	3.59
2019	Florida State	3.69