

# 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)
2021	1. Northern Arizona (94)... 20. Florida State (517)

## 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)
2020	Adriaan Wildschutt (2nd)

## 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)
2020	1. BYU (96)... 15. Florida State (363)
2021	1. NC State (84)... 19. Florida State (468)

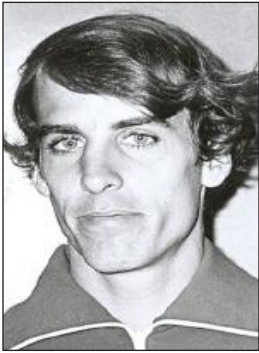
## Individual Qualifier Results

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

## AIAW Championship Team Results

The Association for Interscholastic 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



**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.
2020	Adriaan Wildschutt	2nd/29:48.2	OSU Cross Country Course, Stillwater, Okla.
2021	Adriaan Wildschutt	6th/28:52.0	Apalachee Regional Park, Tallahassee, Fla.
	Ahmed Muhumed	20th/29:19.9	Apalachee Regional Park, Tallahassee, Fla.



**Andrew Lemoncello**  
2005



**Ciaran O'Lionaird**  
2010



**Mike Fout**  
2010, 2011



**David Forrester**  
2011



**Jakub Zivec**  
2012



**Breandan O Neill**  
2012



**Adriaan Wildschutt**  
2020, 2021



**Ahmed Muhumed**  
2021



Adriaan Wildschutt became the first Seminole to finish the NCAA XC Championships in the top 10. He won silver in 2020 with a time of 23:48.2 on one of the nation's toughest courses.



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	9th / 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.
2020	Maudie Skyring	23rd / 20:40.5	OSU Cross Country Course/Stillwater, Okla.
2020	Rebecca Clark	40th / 20:59.3	OSU Cross Country Course/Stillwater, Okla.
2021	Lauren Ryan	26th / 19:50.1	Apalachee Regional Park, Tallahassee, Fla.

# - 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



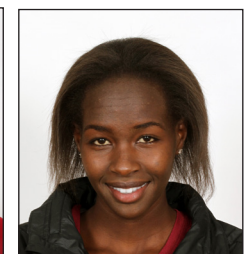
**Amanda Winslow**  
2009, 2011, 2012



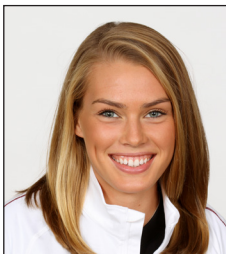
**Jessica Parry**  
2010



**Hannah Brooks**  
2011



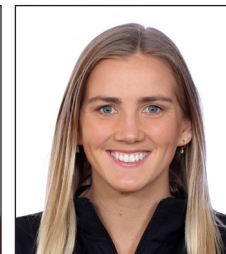
**Violah Lagat**  
2012



**Colleen Quigley**  
2012, 2013, 2014



**Militsa Mircheva**  
2018



**Maudie Skyring**  
2020



**Rebecca Clark**  
2020

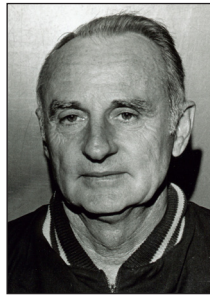


**Lauren Ryan**  
2021

**All-Time  
Men's Coaches**



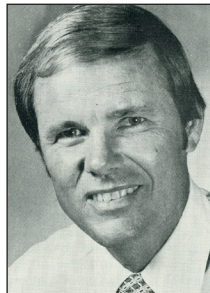
**Verlyn Giles**  
1962



**Mike Long**  
1963, 1966-68



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



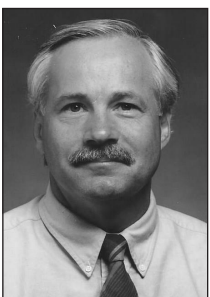
**John Brogle**  
1978-84



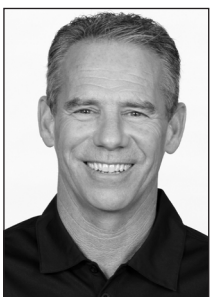
**Al Schmidt**  
1985-88



**Sue Addison**  
1989-91

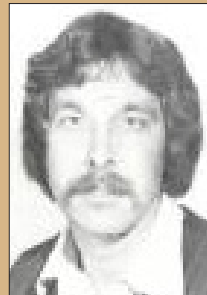


**Scott Irving**  
1992-99



**Bob Braman**  
2000-present

**All-Time  
Women's Coaches**



**Paul Toran**  
1974-79



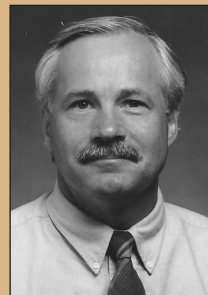
**Roger Smith**  
1980-81



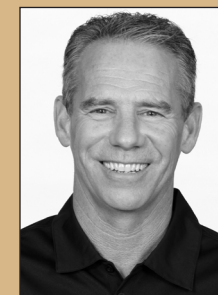
**Al Schmidt**  
1982-88



**Sue Addison**  
1989-93



**Scott Irving**  
1994-99



**Bob Braman**  
2000-06, 2021



**Karen Harvey**  
2007-2014



**Kelly Phillips**  
2015-present

## All-ACC Honors

<b>2001</b> Joep Tigchelaar	Daniel Roberts	Stanley Linton	Breandan O'Neill ..... 2
<b>2002</b> Joep Tigchelaar	<b>2010</b> David Forrester	<b>2016</b> Harry Mulenga	Jakub Zivec ..... 2
<b>2003</b> Joep Tigchelaar	Matt Leeder	<b>2017</b> David Barney	
Jan Hornabrook	Ciaran O'Lionaird	<b>2018</b> Caleb Pottorff	
<b>2004</b> Andrew Lemoncello*	Wes Rickman	<b>2019</b> Kasey Knevelbaard	
Jan Hornabrook	Jakub Zivec	Paul Stafford	
Tom Lancashire	<b>2011</b> Michael Fout	<b>2021</b> Adriaan Wildschutt*	
Eddie Rodriguez	David Forrester	Ahmed Muhumed	
<b>2005</b> Andrew Lemoncello*	Breandan O'Neill		
Tom Lancashire	David Forrester		
Sean Burris	Jakub Zivec		
Phil Nicholls	<b>2012</b> Breandan O'Neill		
<b>2006</b> Tom Lancashire	David Forrester		
Andrew Lemoncello	Jakub Zivec		
<b>2008</b> Steeve Gabart	<b>2013</b> Matt Mizereck		
Matt Leeder	Bryant Blahnik		
<b>2009</b> Matt Leeder	Josh Gracia		
Ciaran O'Lionaird	<b>2014</b> Tyler Udland		
	Jack Goodwin		
	Zak Seddon		
	<b>2015</b> Harry Mulenga		

\* - 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



Adriaan Wildschutt brought home FSU's third individual title in 2021. The only other Seminole to win an ACC title in school history was Andrew Lemoncello, who went back-to-back in 2004 and 2005.

## ACC Performers of the Week

<b>2004</b> Sept. 7 Luke Beevor	<b>2016</b> Sept. 2 Steven Cross*
Sept. 14 Andrew Lemoncello	Sept. 6 Harry Mulenga
Oct. 4 Andrew Lemoncello	Sept. 20 Harry Mulenga
Oct. 18 Andrew Lemoncello	Oct. 4 Steven Cross*
<b>2005</b> Sept. 19 Andrew Lemoncello	Oct. 11 Steven Cross*
Oct. 3 Andrew Lemoncello	Oct. 11 Michael Callegari
<b>2006</b> Oct. 16 Andrew Lemoncello	<b>2017</b> Sept. 20 David Barney
<b>2007</b> Sept. 4 Mark Buckingham	Oct. 11 Michael Hall
<b>2008</b> Sept. 22 Luke Gunn	<b>2018</b> Sept. 5 Caleb Pottorff
Oct. 6 Luke Gunn	Sept. 19 Caleb Pottorff
Oct. 20 Daniel Roberts	<b>2019</b> Sept. 4 Kasey Knevelbaard
<b>2010</b> Oct. 11 Justin Harbor	Oct. 16 Jacob Holmes
<b>2011</b> Sept. 6 Scott Proctor	Oct. 23 Kasey Knevelbaard
Oct. 4 Michael Fout	<b>2020</b> Sept. 23 Paul Stafford
<b>2012</b> Sept. 4 Paul Lagno	Oct. 21 Paul Stafford
Sept. 18 Zak Seddon	Feb. 10 Adriaan Wildschutt
Oct. 2 Jakub Zivec	March 10 Adriaan Wildschutt
<b>2013</b> Sept. 4 Zak Seddon	<b>2021</b> Sept. 7 Adriaan Wildschutt
Oct. 15 Sean Quinn	Sept. 21 Adriaan Wildschutt
<b>2015</b> Sept. 8 Jack Goodwin	Oct. 4 Adriaan Wildschutt
Sept. 22 Zak Seddon	Oct. 19 Adriaan Wildschutt

### FSU ACC Runner of the Week Leaders

Andrew Lemoncello ..... 6
Adriaan Wildschutt.....6
Zak Seddon ..... 3
Steven Cross .....3*
Luke Gunn ..... 2
Kasey Knevelbaard .....2
Harry Mulenga .....2
Caleb Pottorff ..... 2
Paul Stafford..... 2

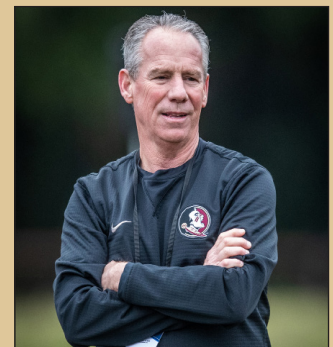
\* - Freshman of the Week

## Men's ACC Awards

**ACC Runner of the Year**  
Adriaan Wildschutt - 2021

**ACC Freshman of the Year**  
Joep Tigchelaar - 2001  
Wes Rickman - 2009  
Jakub Zivec - 2010  
A.J. del Valle - 2011

**ACC Coach of the Year**  
Bob Braman - 2003  
Bob Braman - 2010



# Men's ACC Championship Results

**1991 @Chapel Hill, NC**

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, NC**

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, SC**

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, NC**

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, FL**

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
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**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, NC**

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, NC**

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, SC**

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, NC**

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
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9. Virginia Tech	249
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10. North Carolina	295
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11. Miami	313
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**2005 @Tallahassee, FL**

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, NC**

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, NC**

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
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**2010 @Boston, MA**

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, SC**

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, NC**

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, FL**

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

**2016 - @Cary, N.C.**

1. Syracuse	29
2. Virginia	72
3. NC State	82
4. Virginia Tech	128
5. Florida State	134
6. North Carolina	182
7. Louisville	203
8. Georgia Tech	224
9. Pitt	246
10. Notre Dame	257
11. Duke	311
12. Boston College	337
13. Wake Forest	345
14. Clemson	346
15. Miami	440

**2017 @Louisville, KY**

1. Syracuse	27
2. Virginia Tech	73
3. NC State	98
4. Virginia	100
5. Florida State	152
6. Wake Forest	182
7. Notre Dame	206
8. Georgia Tech	238
9. Duke	261
10. Pitt	285
11. North Carolina	315
12. Clemson	345
13. Miami	370
14. Boston College	378
15. Louisville	384

**2018 @Boston, MA**

1. Notre Dame	57
2. Syracuse	61
3. NC State	85
4. Virginia	128
5. Wake Forest	154
6. Virginia Tech	183
7. Florida State	186
8. Duke	205
9. North Carolina	232
10. Louisville	245
11. Georgia Tech	250
12. Boston College	353
13. Pitt	358
14. Clemson	395
15. Miami	491

**2019 @Blacksburg, VA**

1. Syracuse	68
2. Notre Dame	73
3. Virginia Tech	100
4. Virginia	100

5. Wake Forest	116
6. Florida State	155
7. Duke	162
8. NC State	164
9. Georgia Tech	255
10. North Carolina	298
11. Pitt	315
12. Louisville	341
13. Boston College	405
14. Clemson	412
15. Miami	466

**2020 @Cary, N.C.**

1. Notre Dame	40
2. NC State	54
3. Wake Forest	86
4. Virginia	92
5. Duke	134
6. Syracuse	135
7. North Carolina	196
8. Virginia Tech	222
9. Florida State	225
10. Pittsburgh	282
11. Clemson	335
12. Georgia Tech	342
13. Louisville	384
14. Boston College	457
15. Miami	472

**2021 @Notre Dame, Ind.**

1. Notre Dame	32
2. Syracuse	84
3. Wake Forest	104
4. North Carolina	110
5. Florida State	134
6. NC State	141
7. Duke	161
8. Virginia	211
9. Virginia Tech	273
10. Louisville	292
11. Pitt	299
12. Georgia Tech	341
13. Boston College	436
14. Clemson	446
15. Miami	479

**Championships by school**

NC State	.....16
Maryland	..... 11
North Carolina	..... 9
Clemson	..... 7
Duke	..... 7
Syracuse	..... 6
Virginia	..... 4
Wake Forest	..... 4
Florida State	..... 1
Notre Dame	..... 3
Virginia Tech	..... 1



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)
2020	NO MEET
2021	1. Mississippi (68)... 3. Florida State (112)

## All-Region Honors

<b>2000</b>	Daniel Roberts
Dave Guerra	Nick Sunseri
<b>2001</b>	<b>2009</b>
Kim Bergdahl	Matt Leeder
Dave Guerra	Ciaran O'Lionaird
Joep Tigchelaar	Wes Rickman
<b>2002</b>	Daniel Roberts
Nathan Adams	<b>2010</b>
Joep Tigchelaar	Ciaran O'Lionaird*
Maarten van de Heuvel	Michael Fout
<b>2003</b>	Matt Leeder
Luke Beevor	Seth Proctor
Kevin Cook	Wes Rickman
Ian Hornabrook	Alex Smyth
Eddie Rodriguez	<b>2011</b>
Joep Tigchelaar	David Forrester*
<b>2004</b>	Michael Fout
Andrew Lemoncello*	Breandan O'Neill
Ian Hornabrook	Seth Proctor
Tom Lancashire	Jakub Zivec
Eddie Rodriguez	<b>2012</b>
<b>2005</b>	Jakub Zivec*
Andrew Lemoncello*	Breandan O'Neill
Sean Burris	Wes Rickman
Kevin Cook	Seth Proctor
Tom Lancashire	David Forrester
Phil Nicholls	Zak Seddon
<b>2006</b>	Zak Seddon
Mark Buckingham	Paul Lagno
Luke Gunn	<b>2013</b>
Tom Lancashire	Bryant Blahnik
Andrew Lemoncello	Josh Gracia
<b>2007</b>	Zak Seddon
Mark Buckingham	Kevin Johnson
Luke Gunn	<b>2014</b>
Steeve Gabart	Tyler Udland
Matt Leeder	Jack Goodwin
Daniel Roberts	Zak Seddon
<b>2008</b>	<b>2015</b>
Steeve Gabart	Harry Mulenga
Jason Lakritz	Zak Seddon
Matt Leeder	Jack Goodwin
	Stanley Linton

Grant Nykaza
<b>2016</b>
Harry Mulenga
<b>2017</b>
Michael Hall
David Barney
Stanley Linton
<b>2018</b>
Caleb Pottorff
Steven Cross
Toby Hardwick
Paul Stafford
<b>2019</b>
Caleb Pottorff
Steven Cross
<b>2021</b>
Adriaan Wildschutt*
Ahmed Muhumed
* - NCAA South Region champion
<b>Multiple All-Region Selections</b>
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



## NCAA South Region Athlete of the Year

2010	Ciaran O'Lionaird
2011	David Forrester
2012	Jakub Zivic
2020	Adriaan Wildschutt
2021	Adriaan Wildschutt

## NCAA South Region Coach of the Year

2004	Bob Braman
2005	Bob Braman
2011	Bob Braman
2012	Bob Braman
2015	Bob Braman



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  
  
**2021**  
Lauren Ryan  
Maudie Skyring  
  
\* - ACC Individual Champion  
**FSU Multiple All-ACC Selections**  
Susan Kuijken ..... 4

Colleen Quigley ..... 4  
Elizabeth Funderburk.....3  
Vicky Gill ..... 3  
Pilar McShine ..... 3  
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  
Maudie Skyring ..... 2  
Lauren Ryan ..... 2



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

ACC Performers 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

**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

**2020**  
Oct. 7 Alyson Churchill\*  
Oct. 21 Addi Coggins  
  
**2021**  
Sept. 7 Lauren Ryan

\* - Freshman of the Week

FSU ACC Runner of the Week Leaders

Susan Kuijken .....7  
Colleen Quigley .....5  
Militsa Mircheva .....4  
Amanda Winslow .....3  
Elizabeth Funderburk .....3  
Lauren Ryan.....2  
Violah Lagat..... 2  
Erin Phelps .....2  
Yasmine Abbes .....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 ACC Championship Results

## 1991 @Chapel Hill, NC

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, NC

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, SC

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, NC

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, FL

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, NC

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, NC

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, SC

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, NC

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, FL

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, NC

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

## 2009 @Cary, NC

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 @Boston, MA

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, SC

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, NC

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, FL

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

## 2016 @Cary, NC

1. NC State	53
2. Notre Dame	74
3. Virginia Tech	153
4. Louisville	157
5. Syracuse	184
6. Clemson	207
7. Pitt	207
8. Wake Forest	207
9. Florida State	213
10. Virginia	220
11. Duke	245
12. Boston College	247
13. North Carolina	299
14. Georgia Tech	347
15. Miami	446

## 2017 @Louisville, KY

1. NC State	43
2. Louisville	109
3. Virginia Tech	129
4. Syracuse	134
5. Wake Forest	166
6. Notre Dame	175
7. Duke	180
8. Virginia	182
9. Florida State	210
10. Pitt	210
11. North Carolina	244
12. Georgia Tech	258
13. Boston College	348
14. Clemson	378
15. Miami	461

## 2018 @Boston, MA

1. NC State	67
2. Notre Dame	68
3. Syracuse	83
4. Florida State	128
5. Virginia Tech	161
6. Duke	179
7. Georgia Tech	184
8. Wake Forest	195
9. Virginia	230
10. Boston College	291
11. Clemson	294
12. North Carolina	294
13. Pitt	320
14. Louisville	324
15. Miami	497

## 2019 @Blacksburg, VA

1. NC State	64
2. Florida State	76

3. Notre Dame	116
4. Virginia Tech	146
5. Syracuse	154
6. Wake Forest	158
7. Boston College	159
8. North Carolina	196
9. Duke	202
10. Georgia Tech	238
11. Virginia	276
12. Louisville	314
13. Clemson	352
14. Pitt	410
15. Miami	493

## 2020 @Cary, N.C.

1. NC State	47
2. Georgia Tech	99
3. Florida State	109
4. Duke	114
5. North Carolina	116
5. Notre Dame	116
7. Virginia	205
8. Syracuse	237
9. Boston College	261
10. Wake Forest	287
11. Virginia Tech	292
12. Louisville	303
13. Clemson	320
14. Pitt	406
15. Miami	457

## 2021 @Notre Dame, Ind.

1. NC State	20
2. North Carolina	87
3. Florida State	102
4. Syracuse	105
5. Notre Dame	114
6. Boston College	216
7. Virginia Tech	219
8. Georgia Tech	229
9. Duke	247
10. Virginia	263
11. Wake Forest	268
12. Pitt	373
13. Louisville	399
14. Miami	407
15. Clemson	407

## Championships by school

NC State	26-1
Florida State	6
North Carolina	4
Virginia	3
Duke	2
Clemson	1
Wake Forest	0-1

~ - vacated by NCAA Committee on Infractions

# 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

### 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  
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

### 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

### 2021

Lauren Ryan  
Maudie Skyring  
Amanda Beach  
Rebecca Clark  
Jen Lima

\* - 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
Maudie Skyring	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, Lauren Ryan	2

## NCAA South Region Athlete of the Year

2002	Vicky Gill
2003	Vicky Gill
2006	Susan Kuijken
2007	Susan Kuijken
2011	Amanda Winslow
2012	Violah Lagat
2013	Colleen Quigley
2014	Colleen Quigley
2018	Militsa Mircheva

## NCAA South Region Coach of the Year

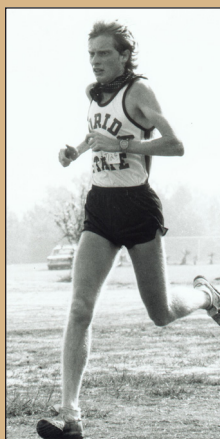
2007	Karen Harvey
2008	Karen Harvey
2010	Karen Harvey
2012	Karen Harvey
2013	Karen Harvey
2018	Kelly Philips
2019	Kelly Philips

## 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
	Paul Waldron
1984	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

7.	Louisville	153
8.	Tulane	164

### 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
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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, 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

\* - 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

**2020**

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

**2020**

Rebecca Clark  
Addi Coggins  
Elizabeth Funderburk  
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

## 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

**2012**

Aubree Worden  
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  
2020  
Yasmine Abbes  
Alyson Churchill  
Rebecca Clark

Kayla Easterly  
Jodie Judd  
Jen Lima  
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	3.339
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
2020	Florida State	