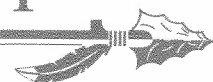




# FLORIDA STATE UNIVERSITY

## DEPARTMENT OF ATHLETICS



### **FOR IMMEDIATE RELEASE**

**CONTACT:** Lauren Williams, [ljwillia@mailers.fsu.edu](mailto:ljwillia@mailers.fsu.edu), (850) 644-5653

**DATE:** September 13, 2003

### **FSU Cross Country Wins Florida Intercollegiate Championships**

*Both the men and women placed first at the only home meet of the season.*

**Tallahassee, FL** - The Florida State men and women's cross country teams placed first in the Florida Intercollegiate Championships held at Miccosukee Greenway Park on Friday, September 12, 2003 in Tallahassee, FL. The Seminole men outscored Georgia State by three points to claim the men's trophy while the women won with 28 points with the next closest team (University of Tampa) recording 90. 14 colleges and 30 high schools were in attendance for the only home meet of the season.

For the men, sophomore Kevin Cook finished first with a time of 24:51.48. Cook was followed by University of Tampa's Elias Gonzalez (25:02.13) and Florida Southern's Tyrone Bell (25:06.98) to round out second and third, respectively.

Other contributors for the Noles' men included junior transfer Ian Hornabrook (fourth place – 25:11.55), senior Jim Van Veen (tenth place – 25:37.38), redshirt junior Nate Davis (21<sup>st</sup> place – 26:24.23) and freshman Steve DiBari (23<sup>rd</sup> place – 26:29.25).

On the women's side, Vicky Gill running unattached came in first for the women with a time 16:37.77. With Gill running unattached, Jenn Fennstra from Georgia State took first place points with a finish time of 18:04.14. FSU took second and third with junior Natalie Hughes posting a time of 18:11.06 and transfer Helen Hofstede running in 18:14.14.

Four out of the top seven female runners to place were Seminoles. In addition to Hughes and Hofstede, junior Anne Clinton finished fifth with a time of 18:21.58 and an 18:36.99 finish was enough for freshman Heather Clark to place seventh. Redshirt sophomore Rachel Marsh (18:53.51), sophomore Jennifer Gomez (19:07.81) and freshman Carla Agnew (19:29.44) contributed points to the women's 28 point finish.

The Seminoles return to action on September 20, 2003 when they compete in the Across the State Relay.

For all results, including varsity and junior varsity high school, please visit [www.RunFlorida.com](http://www.RunFlorida.com).

- Go Seminoles -



# FLORIDA STATE UNIVERSITY

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## DEPARTMENT OF ATHLETICS



### Preview for Florida Intercollegiate Championships

High schools and colleges from across the region will travel to Miscoosukee Greenway on Friday, September 12, 2003 as the Seminoles host their only meet of the 2003 season, the Florida Intercollegiate Championships. 14 colleges and 30 high schools are expected to bring over 1,200 runners to race on Friday night in Tallahassee.

The meet begins with a 4:30 pm start for the junior varsity girls followed by the boys division. At 5:30 pm, high school girls begin with the boys starting at 6:00 pm. The intercollegiate women and men race at 6:30 pm and 7:00 pm, respectively. The awards ceremony will take place at 7:45 pm. The Intercollegiate men will run 8000 meters while all others will be 5000 meters.

Both the men's and women's teams competed on August 29, 2003 at the Mountaineer Open in Boone, N.C. The men are coming off a first place finish at the meet hosted by Appalachian State. The FSU men came in ahead of fellow ACC opponent Wake Forest 37 points to the Deacon's 39 points. Sophomore Kevin Cook crossed the line first for the Noles and third overall. The Florida State women recorded 44 points en route to a second place finish behind Wake Forest. Junior Natalie Hughes finished fifth with a time of 18:27.

### Race Schedule

4:30 p.m.	Junior Varsity Girls	5000m
5:00 p.m.	Junior Varsity Boys	5000m
5:30 p.m.	High School Girls	5000m
6:00 p.m.	High School Girls	5000m
6:30 p.m.	Intercollegiate Women and Open	5000m
7:00 p.m.	Intercollegiate Men and Open	8000m



# Seminole Cross Country Invitational

## Race Schedule:

4:30 pm	Junior Varsity Girls	5000m
5:00 pm	Junior Varsity Boys	5000m
5:30 pm	High School Girls	5000m
6:00 pm	High School Boys	5000m
6:30 pm	Intercollegiate Women & Open	5000m
7:00 pm	Intercollegiate Men & Open	8000m
7:45 pm	College and High School Team Awards	

	School	Phone	FAX
1	Aucilla Christian Academy		
2	Bishop Kenny		
3	Bolles		
4	Carrollton		
5	Choctawhatchee		
6	Episcopal		
7	Ft Walton Beach		
8	Godby		
9	Chiles		
10	Leon		
11	Lincoln		
12	Maclay		
13	Mandarin		
14	Marianna		
15	Middleburg		
16	Nease		
17	Niceville		
18	Oakhall		
19	Pace H.S.		
20	Palatka		
21	Pensacola Catholic		
22	Rocky Bayou Christian School		
23	Rutherford		
24	Wewa High School		
25	Ridgeview		
26	Bartram Trail		
27	Ransom Everglades		
28	South Walton		
29	East Gadsen		
30	Richards		

# Colleges

- 1 Bethune - Cookman Div I
- 2 Eckerd Div II - Women
- 3 Florida A + M Div I
- 4 Florida Southern Div II
- 5 Florida State D-I
- 6 Georgia Southern (women only) D-I
- 7 Georgia State D-I
- 8 Jacksonville D-I
- 9 North Florida D-II
- 10 Tampa D-II
- 11 Troy State D-I
- 12 Univ of Central Florida D-I
- 13 Warner NAIA
- 14 West Florida (men only) D-II

**Florida State Cross Country Invitational**  
**Rankings**

**Event 1 Women 5k Run CC College/Open**

Name	Year School	Finals	Points
1 Gill, Vicky	Unattached	16:37.77	
2 Feenstra, Jenn	JR Georgia State	18:04.14	1
3 Hughes, Natalie	JR Florida State	18:11.06	2
4 Hofstede, Helen	SR Florida State	18:14.14	3
5 Mascas, Allison	SO Tampa	18:15.17	4
6 Clinton, Anne	JR Florida State	18:21.58	5
7 Haefling, Dee Dee	JR Tampa	18:28.95	6
8 Lind, Allison	Unattached	18:33.36	
9 Clark, Heather	FR Florida State	18:36.99	7
10 Smith, Andrea	SO Georgia State	18:45.79	8
11 Stanford, Liz	FR Georgia State	18:46.83	9
12 Moffenbier, Lindsey	SO Jacksonville	18:48.60	10
13 Marsh, Rachel	SR Florida State	18:53.51	11
14 Koech, Jael	FR Florida Southern	18:54.44	12
15 Dillman, Sara	SR Central Florida	18:55.55	13
16 Posey, Nicole	SO North Florida	19:00.24	14
17 Wilson, Erin	JR Tampa	19:03.62	15
18 Gomez, Jennifer	SO Florida State	19:07.81	16
19 Price, Kelly	JR North Florida	19:10.60	17
20 Claessens, Astrid	SO Central Florida	19:13.48	18
21 Edmonds, Karen	SO Jacksonville	19:19.61	19
22 Rojas, Evelyn	JR Warner	19:21.13	20
23 Smith, Amber	FR North Florida	19:24.79	21
24 Newell, Kara	Unattached	19:25.07	
25 Agenw, Carla	FR Florida State	19:29.44	22
26 Crum, Megan	SO Central Florida	19:30.73	23
27 Leigh, Elizabeth	JR North Florida	19:31.69	24
28 Urban, Meredith	FR Florida State	19:33.37	
29 Morrow, Andrea	SO Central Florida	19:37.07	25
30 Bragg, Elizabeth	JR Tampa	19:40.71	26
31 Avery, April	JR Florida Southern	19:41.11	27
32 McFadden, Stephanie	SR Georgia Southern	19:41.49	28
33 Waldrop, Lindsey	JR Troy State	19:49.52	29
34 Reyes, Melissa	SR Georgia Southern	19:55.20	30
35 Burke, Lauren	JR Georgia State	19:56.72	31
36 Garcia, Elisabeth	SO Warner	19:59.18	32
37 Swick, Brittney	SO Georgia Southern	19:59.79	33
38 Kozub, Karen	FR Central Florida	20:00.63	34
39 Tabor, Valerie	SO Central Florida	20:03.36	35
40 Rucks, Kimi	JR Florida Southern	20:03.95	36
41 Lufkin, Adrienne	FR Florida State	20:04.36	
42 Anderson, Rachel	FR Florida Southern	20:04.57	37
43 Figlesthaller, Beth	FR Florida Southern	20:06.29	38
44 Mondragon, Sydney	JR Florida State	20:06.67	
45 Tsukano, Ana	SR Tampa	20:07.91	39
46 Giles, Amy	JR Central Florida	20:09.38	40
47 Macdonald, Meghan	FR Troy State	20:11.61	41
48 Leitner, Mari	SR Florida State	20:13.50	
49 Bargmann, Belinda	JR Troy State	20:15.11	42
50 Lindsey, Rebekah	FR North Florida	20:20.67	43
51 Williams, Megan	SO Eckerd	20:21.48	44
52 Paffie, Casey	SO North Florida	20:24.16	45
53 Bensí, Christina	JR Jacksonville	20:26.96	46

**Florida State Cross Country Invitational  
Rankings**

<b>..Event 1 Women 5k Run CC College/Open</b>				
54 Day, Abbie	SO Florida State	20:28.52		
55 Bass, Danielle	SO Florida A&M	20:30.87	47	
56 Prather, Julie	SO Georgia Southern	20:31.06	48	
57 Jones, Christina	FR Central Florida	20:33.94		
58 Kelly, Jackie	SR Eckerd	20:36.23	49	
59 Holland, Brittany	FR Georgia State	20:41.06	50	
60 Creavy, Golden	FR North Florida	20:42.00	51	
61 Brouillet, Michelle	SO Central Florida	20:42.76		
62 Kotvia, Natalie	Unattached	20:42.96		
63 Ollar, Stacey	FR Jacksonville	20:46.25	52	
64 Baron, Jaclyn	JR Central Florida	20:46.81		
65 Magee, Jackie	JR Central Florida	20:47.43		
66 Huber, Stephanie	SO Georgia State	20:53.97	53	
67 Frenche, Keiona	SO Jacksonville	21:03.22	54	
68 Garvin, Rachel	SO Jacksonville	21:03.74	55	
69 Whittington, Betsy	SO Eckerd	21:07.64	56	
70 Hunter, Kelly	SO North Florida	21:07.92		
71 Zammuto, Joanne	JR Warner	21:08.50	57	
72 Wilson, Katie	FR Georgia Southern	21:10.06	58	
73 Bechler, Stefanie	FR Florida State	21:13.18		
74 Rogers, Meghan	JR Florida State	21:13.63		
75 McKinney, Crystal	JR Florida A&M	21:16.64	59	
76 Kim, Myers	SR Tampa	21:17.43	60	
77 Thomas, Lindsay	FR Unattached	21:18.37		
78 Biedenharn, Tina	FR Florida State	21:19.24		
79 Stefan, Katy	FR Eckerd	21:19.92	61	
80 Martin, Melissa	JR Tampa	21:22.55	62	
81 Martinez, Valery	JR Central Florida	21:25.73		
82 Alexander, Elsje	JR Georgia State	21:27.17	63	
83 Carr, Barbara	JR Florida Southern	21:28.17	64	
84 Dunker, Kim	SO Tampa	21:33.97		
85 Kerzie, Jessica	FR Georgia Southern	21:43.31	65	
86 Tyler, Jen	SO Jacksonville	21:51.54	66	
87 Ramos, Angelina	FR Florida State	21:52.21		
88 Dorcelin, Jeanna	FR Florida A&M	21:53.83	67	
89 Goppert, Katie	FR Florida Southern	21:54.73	68	
90 Mauldin, Taccara	SR Warner	21:55.85	69	
91 Morando, Angela	JR North Florida	21:58.73		
92 Peters, Katie	SO Florida Southern	22:15.80		
93 Halsey, Julie	SO Eckerd	22:23.28	70	
94 Miller, Julia	JR Troy State	22:23.47	71	
95 Pagan, Nadia	SR Warner	22:26.93	72	
96 Walls, Kristin	SO Florida State	22:38.81		
97 Dorvillus, Claudia	SO Florida State	22:46.03		
98 Walls, Candace	Florida State	22:53.30		
99 Smith, Robyn	FR Bethune-Cookman	23:07.21		
100 Freeman, Hayley	SR Georgia State	23:08.51		
101 Bethel, Rachel	SR Bethune-Cookman	23:48.88		
102 Brathwaite, Lydia	JR Florida A&M	23:49.51	73	
103 Morrison, Cinnamon	FR North Florida	24:07.82		
104 Slosser, Cathy	JR Troy State	24:21.59	74	
105 Harris, Tiffany	JR Florida A&M	24:30.45	75	
106 Vickery, Ashley	FR Troy State	24:38.19	76	
107 McNeal, Brandy	JR Warner	24:38.58	77	
108 Gordon, Tiffany	FR Bethune-Cookman	25:07.86		
109 Puckett, Katie	SO Florida State	25:11.38		

## Rankings

## ..Event 1 Women 5k Run CC College/Open

110	Chirchir, Agness	JR Warner	25:25.47	78
111	valiville, darah	FR Florida A&M	26:13.67	79
112	Brown, Betty	FR Warner	27:30.62	
113	Simmons, Inesha	FR Warner	28:03.79	

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Florida State Total Time: 1:32:17.28 Average: 18:27.46	28	2	3	5	7	11	16	22		
2	Tampa Total Time: 1:35:36.36 Average: 19:07.28	90	4	6	15	26	39	60	62		
3	Georgia State Total Time: 1:36:14.55 Average: 19:14.91	99	1	8	9	31	50	53	63		
4	Central Florida Total Time: 1:37:17.46 Average: 19:27.50	113	13	18	23	25	34	35	40		
5	North Florida Total Time: 1:37:27.99 Average: 19:29.60	119	14	17	21	24	43	45	51		
6	Florida Southern Total Time: 1:38:50.36 Average: 19:46.08	150	12	27	36	37	38	64	68		
7	Jacksonville Total Time: 1:40:24.64 Average: 20:04.93	181	10	19	46	52	54	55	66		
8	Georgia Southern Total Time: 1:41:17.60 Average: 20:15.52	197	28	30	33	48	58	65			
9	Warner Total Time: 1:44:51.59 Average: 20:58.32	250	20	32	57	69	72	77	78		
10	Troy State Total Time: 1:47:01.30 Average: 21:24.26	257	29	41	42	71	74	76			
11	Eckerd Total Time: 1:45:48.55 Average: 21:09.71	280	44	49	56	61	70				
12	Florida A&M Total Time: 1:52:01.30 Average: 22:24.26	321	47	59	67	73	75	79			



**Florida State Cross Country Invitational**  
**Rankings**

**Event 2 Men 8k Run CC College/Open**

Name	Year School	Finals	Points
1 Cook, Kevin	SO Florida State	24:51.48	1
2 Gonzalez, Elias	SR Tampa	25:02.13	2
3 Bell, Tyrone	SO Florida Southern	25:06.98	3
4 Hornabrook, Ian	JR Florida State	25:11.55	4
5 Beevor, Luke	Unattached	25:14.02	
6 Fish, Ben	JR Troy State	25:16.35	5
7 Rickard, Paul	SR Georgia State	25:16.52	6
8 Peters, Jonathan	FR Georgia State	25:32.11	7
9 Carmichael, Caleb	SO West Florida	25:34.33	8
10 Miller, Nic	FR Georgia State	25:35.30	9
11 Kalinski, Matt	Unattached	25:35.83	
12 VanVeen, Jim	SR Florida State	25:37.38	10
13 Starr, Zach	SR North Florida	25:37.93	11
14 Cook, James	Unattached	25:38.70	
15 Cross, Justin	Unattached	25:44.10	
16 Hughes, Brandon	FR Troy State	25:55.88	12
17 Cook, Danny	SR Central Florida	25:57.97	13
18 Ishee, Sam	JR West Florida	25:59.79	14
19 Nickinson, Chris	Unattached	26:02.52	
20 Rotich, Amon	SO Warner	26:05.03	15
21 Bautel, Andrew	Unattached	26:06.05	
22 Storojev, Denis	SO North Florida	26:09.13	16
23 Albertson, Ryan	Unattached	26:10.97	
24 Mena, Ben	JR Central Florida	26:11.58	17
25 Cameron, Matt	SO Georgia State	26:12.45	18
26 Rufo, Louis	JR Florida Southern	26:16.23	19
27 Padilla, Michael	FR West Florida	26:18.68	20
28 Davis, Nate	JR Florida State	26:24.23	21
29 McMaster, Matt	SR Georgia State	26:25.15	22
30 DiBari, Steve	FR Florida State	26:29.25	23
31 chesang, ben	SR Bethune-Cookman	26:30.11	24
32 Walsh, Michael	Unattached	26:32.27	
33 Emerson, John	JR Florida Southern	26:34.68	25
34 Critzer, Eric	Unattached	26:37.32	
35 Gossage, Ray	SO Central Florida	26:38.37	26
36 Noyes, Thomas	Unattached	26:40.05	
37 Osbourne, Omar	FR Florida A&M	26:42.69	27
38 Williams, Jeremy	FR Georgia State	26:43.17	28
39 Blake, Kiley	JR Central Florida	26:43.49	29
40 Oboz, Pawel	SO Warner	26:51.63	30
41 Madiedo, Joseph	Unattached	26:52.15	
42 Kirsch, James	SO North Florida	26:53.03	31
43 Hicks, Ramad	JR West Florida	26:53.95	32
44 Nick, Kraus	SR Tampa	26:55.55	33
45 Ward, Eric	FR Florida A&M	26:55.90	34
46 Nassis, Wayne	JR North Florida	26:56.22	35
47 Garst, Steve	Unattached	26:56.62	
48 Duffell, Jamie	SO West Florida	26:57.14	36
49 Langman, Brian	FR Georgia State	26:57.82	37
50 Anderson, Brandon	FR North Florida	26:58.82	38
51 White, Brent	FR Central Florida	27:00.57	39
52 Rath, David	SR Georgia State	27:06.45	
53 Murphy, Jimmy	FR Florida Southern	27:07.37	40

**Florida State Cross Country Invitational**  
**Rankings**

**...Event 2 Men 8k Run CC College/Open**

54	Patterson, Shawn	JR Florida State	27:09.18	41
55	Bess, Adam	SR Troy State	27:11.51	42
56	Jones, Charles	SO Central Florida	27:19.18	43
57	Crosson, Jason	SR Troy State	27:21.42	44
58	Briscoe, Dorrell	FR North Florida	27:28.01	45
59	Alter, Jonathan	FR Florida Southern	27:30.50	46
60	Lyons, Tony	FR Florida Southern	27:31.68	47
61	Wilpers, Matt	SO Georgia State	27:32.86	
62	Pearson, Anthony	SR Florida A&M	27:34.47	48
63	White, Ryan	FR Central Florida	27:36.57	49
64	Moore, Josh	JR Tampa	27:38.01	50
65	West, Brandon	FR Florida A&M	27:38.78	51
66	Clark, Dan	Unattached	27:40.77	
67	Bertrandt, Ryan	SR Tampa	27:41.84	52
68	Jones, Dan	FR Central Florida	27:42.94	
69	Griffith, Brian	FR Florida A&M	27:46.11	53
70	Bolton, Timothy	Unattached	27:51.13	
71	Bauer, Danny	JR West Florida	27:51.89	54
72	Adler, Jordon	Unattached	27:56.84	
73	Contratto, Ben	SR Troy State	27:59.64	55
74	Clayborn, Jaeson	SO Eckerd	28:00.12	
75	Step, Trevor	FR Florida Southern	28:00.78	56
76	Kerry, Stephen	SO Georgia State	28:04.11	
77	Nkandu, Fackson	JR Warner	28:06.18	57
78	Wilson, Linus	JR Troy State	28:07.55	58
79	Wood, Tim	FR Georgia State	28:14.06	
80	Christian, Gerald	FR Florida A&M	28:15.41	59
81	Shimko, Ben	JR North Florida	28:15.61	60
82	Greenridge, Deone	SR Tampa	28:19.55	61
83	Hurley, Nate	SO Troy State	28:21.94	62
84	Walker, Eric	FR Florida Southern	28:23.22	
85	Poindexter, Scott	SO West Florida	28:25.47	63
86	Henry, Craig	FR West Florida	28:27.37	
87	Chalwe, Carrington	SO Warner	28:30.48	64
88	Wolfenbarger, Wesley	FR North Florida	28:45.21	
89	Reeves, K.C.	SO North Florida	28:49.91	
90	Alvarado, Carlos	SO Warner	28:50.50	65
91	Walsh, Tony	SR Georgia State	28:51.93	
92	Orfield, Paul	SO North Florida	28:54.68	
93	Timm, Nathan	SR Florida State	29:02.20	66
94	Martinez, Jose	SO Warner	29:06.98	67
95	Walker, Chris	SO Georgia State	29:21.64	
96	Austin, Aaron	FR North Florida	29:26.74	
97	Austin, Ryan	FR North Florida	29:27.02	
98	McCall, Kevin	SO Tampa	29:50.02	68
99	Dressel, Charles	North Florida	29:52.53	
100	Coates, Jason	FR Jacksonville	30:04.25	
101	Travers, Chanse	SO Warner	30:05.77	69
102	Gately, Mike	SO Eckerd	30:12.76	
103	McClyment, Brian	FR Eckerd	30:20.82	
104	Maixner, Andrew	FR North Florida	30:21.75	
105	Shuttler, Kevin	FR Unattached	30:25.74	
106	Breidenstein, Matt	FR North Florida	30:30.44	
107	Guastella, Alex	FR North Florida	31:14.31	
108	Connelly, Eric	FR West Florida	31:29.39	
109	Lopes, Manuel	SR Florida A&M	31:29.58	70

## Rankings

## ..Event 2 Men 8k Run CC College/Open

110	Gillespie, Ryne	FR	Unattached	32:12.22	
111	Lyons, Milton	SO	Florida Southern	33:59.33	
112	Andrus, Terry	SO	Bethune-Cookman	34:17.23	71
113	Smith, Y	FR	Bethune-Cookman	36:31.63	72
114	Daniels, Quentin	SO	Bethune-Cookman	36:41.22	73
115	Willis, Keith	JR	Bethune-Cookman	38:31.04	74
116	Hamilton, Maschell	SR	Bethune-Cookman	39:40.69	75
117	Simmons, A	SO	Bethune-Cookman	39:41.21	76
118	Simpo, Kendrick	JR	Bethune-Cookman	39:51.18	
119	Jenkins, Jeremiah	JR	Bethune-Cookman	39:51.75	
120	Powell, Fred		Unattached	43:54.18	

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Florida State Total Time: 2:08:33.89 Average: 25:42.78	59	1	4	10	21	23	41	66		
2	Georgia State Total Time: 2:09:01.53 Average: 25:48.31	62	6	7	9	18	22	28	37		
3	West Florida Total Time: 2:11:43.89 Average: 26:20.78	110	8	14	20	32	36	54	63		
4	Central Florida Total Time: 2:12:31.98 Average: 26:30.40	124	13	17	26	29	39	43	49		
5	North Florida Total Time: 2:12:35.13 Average: 26:31.03	131	11	16	31	35	38	45	60		
6	Florida Southern Total Time: 2:12:35.76 Average: 26:31.16	133	3	19	25	40	46	47	56		
7	Troy State Total Time: 2:13:44.80 Average: 26:44.96	158	5	12	42	44	55	58	62		
8	Tampa Total Time: 2:15:37.08 Average: 27:07.42	198	2	33	50	52	61	68			
9	Florida A&M Total Time: 2:16:37.95 Average: 27:19.59	213	27	34	48	51	53	59	70		
10	Warner Total Time: 2:18:23.82 Average: 27:40.77	231	15	30	57	64	65	67	69		
11	Bethune-Cookman Total Time: 2:52:31.23 Average: 34:30.25	314	24	71	72	73	74	75	76		