



# ATLANTIC COAST CONFERENCE

## 2010 Men's & Women's Cross Country

### SEASON SUMMARY

**FLORIDA STATE SECOND IN BOTH MEN'S AND WOMEN'S COMPETITION**

**FIVE WOMEN'S TEAMS & FOUR MEN'S TEAMS HAVE TOP 25 FINISHES**

**Florida State's Pilar McShine finishes seventh & the Seminoles' Ciaran O'Lionaird 19th to lead individual honors**

#### ATLANTIC COAST CONFERENCE

Cross Country Contact: Brian Morrison  
PO Drawer ACC  
Greensboro, N.C. 27417-6724  
Phone: 336-851-6062

#### COACHES

Boston College..... Men's - Matt Kerr  
Women's - Randy Thomas  
Clemson..... Lawrence Johnson  
Duke..... Men's - Norm Ogilvie  
Women's - Kevin Jermy  
Florida State..... Men's - Bob Braman  
Women's Karen Harvey  
Georgia Tech..... Alan Drosky  
Maryland..... Andrew Valmon  
Miami..... Amy Deem  
North Carolina..... Peter Watson  
NC State..... Men's - Rollie Geiger  
Women's - Laurie Henes  
Virginia..... Jason Vigilante  
Virginia Tech..... Ben Thomas  
Wake Forest..... John Millar

#### SPORT CONTACTS

Boston College..... Josh Lentine  
617-552-2094..... lentinej@bc.edu  
Clemson..... Philip Sikes  
864-656-2114..... philips@clemson.edu  
Duke..... Ned McGraw  
919-684-2633... nmcgraw@duaa.duke.edu  
Florida State..... Brandon Mellor  
850-645-7683..... bmellor@fsu.edu  
Georgia Tech..... Betsy Devine  
404-894-5445.... bdevine@athletics.gatech.edu  
Maryland..... Doug Dull  
301-314-7064..... ddull@umd.edu  
Miami..... Scott Zavitz  
305-284-3244..... szavitz@miami.edu  
North Carolina..... Chris Gallo  
919-962-2123..... cgallo@unca.unc.edu  
NC State..... Bruce Winkworth  
919-515-2102 ....bruce\_winkworth@ncsu.edu  
Virginia..... Amanda McClure  
434-982-5500..... amanda@virginia.edu  
Virginia Tech..... Nathan Sheehan  
540-231-1494..... nsheehan@vt.edu  
Wake Forest..... Brittany Adams  
336-758-5640..... adamb18@wfu.edu

#### 2010 Women's NCAA Championship

31 Teams	R1	R2	R3	R4	R5	Total
1. Villanova.....	1	8	20	22	69	120
2. Florida State.....	7	13	18	33	83	154
3. Texas Tech.....	4	14	31	50	66	165
4. Georgetown.....	2	23	25	28	89	167
5. New Mexico.....	12	26	34	43	112	227
14. North Carolina.....	9	59	95	115	127	405
17. Duke.....	36	47	107	108	118	416
19. Boston College.....	30	55	91	117	139	432
21. Virginia.....	61	63	94	98	144	460
24. NC State.....	17	40	80	156	194	487

**Top 5 Individuals:** 1-Sheila Reid, Villanova (20:06); 2-Emily Infeld, Georgetown (20:09); 3-Jordan Hasay, Oregon (20:13); 4-Risper Kimalyo, UTEP (20:16); 5-Rose Tanui (20:17).

#### Florida State (2nd)

Pilar McShine.....	Sr.	7	20:25
Pasca Cheruiyot.....	Sr.	13	20:31
Jessica Parry.....	So.	18	20:39
Jennifer Dunn.....	Jr.	33	20:54
Astrid Leutert.....	Sr.	83	21:25

#### North Carolina (14th)

Kendra Schaaf.....	Jr.	9	20:27
Ashley Verplank.....	Jr.	59	21:12
Maria Lucena.....	So.	95	21:34
Caroline Kirby.....	So.	115	21:44
Carter Norbo.....	So.	127	21:50

#### Duke (17th)

Carly Seymour.....	Jr.	36	20:58
Juliet Bottorff.....	So.	47	21:04
Esther Vermeer.....	Jr.	107	21:40
Mary Carleton Johnston.....	Jr.	108	21:41
Madeline Morgan.....	So.	118	21:46

#### Boston College (19th)

Caroline King.....	Sr.	30	20:53
Hope Krause.....	Jr.	55	21:11
Jillian King.....	So.	91	21:32
Elizabeth O'Brien.....	So.	117	21:45
Madeline Wallace.....	Sr.	139	22:03

#### Virginia (21st)

Stephanie Garcia.....	Sr.	61	21:14
Barbara Strehler.....	So.	63	21:15
Morgane Gay.....	Jr.	94	21:33
Katherine Walker.....	Fr.	98	21:37
Ariel Karabinus.....	Fr.	144	22:07

#### NC State (24th)

Laura Hoer.....	Fr.	17	20:37
Andie Cozzarelli.....	Jr.	40	21:02
Kara McKenna.....	Sr.	80	21:23
Erin Mercer.....	So.	156	22:14
Jordan Jenkins.....	So.	194	22:54

#### 2010 Men's NCAA Championship

31 Teams	R1	R2	R3	R4	R5	Total
1. Oklahoma St.....	5	6	7	25	30	73
2. Florida State.....	15	24	42	48	64	193
3. Wisconsin.....	10	11	17	80	105	223
4. Stanford.....	3	4	36	85	109	237
5. Oklahoma.....	20	43	65	69	84	281
6. Oregon.....	1	8	49	99	132	289
7. Indiana.....	32	55	57	66	88	298
17. Virginia.....	26	59	70	90	141	386
20. NC State.....	19	45	82	140	150	436
21. Duke.....	74	91	93	97	120	475

**Top 5 Individuals:** 1-Sam Chelanga, Liberty (29:22); 2-Stephen Sambu, Arizona (29:26); 3-Luke Puskedra, Oregon (29:38); 4-Leonard Korir, Iona (29:42); 5-Chris Derrick, Stanford (20:44).

#### Florida State (2nd)

Ciaran O'Lionaird.....	Sr.	15	30:14
Michael Fout.....	Jr.	24	30:21
David Forrester.....	So.	42	30:39
Wes Rickman.....	So.	48	30:41
Alexander Smyth.....	Sr.	64	30:56

#### Virginia (17th)

Ryan Collins.....	Jr.	26	30:25
Emil Heineking.....	Sr.	59	30:53
Sean Kevren.....	So.	70	30:58
Sintayehu Teye.....	So.	90	31:17
Chris Foley.....	Fr.	141	31:51

#### NC State (20th)

Ryan Hill.....	Jr.	19	30:19
Andrew Colley.....	Fr.	45	30:40
Bobby Moldovan.....	Jr.	82	31:09
Matt Sonnenfeldt.....	So.	140	31:50
Andrew North.....	Jr.	150	32:00

#### Duke (21st)

Bo Waggoner.....	Sr.	74	31:00
Andrew Brodeur.....	Jr.	91	31:17
James Kostelnik.....	Jr.	93	31:18
Cory Nanni.....	Sr.	97	31:20
Josh Lund.....	Sr.	120	31:36

# 2010 ACC Cross Country

## 2010 Review

BOSTON, MASS.- Florida State captured both the Men's and Women's team titles at the ACC Men's and Women's Cross Country Championships Saturday, held at the Franklin Park Cross Country course in Boston, Mass.

The Seminoles placed five runners in the Top 12 in the 8,000-meter men's competition, led by Mathew Leeder and Ciaran O'Lionaird, who placed third and fourth respectively, to compile 43 points in outdistancing second-place NC State (81) and third place North Carolina (84). Virginia was fourth with 92 points followed by Duke (93), Wake Forest (209), Virginia Tech (242), Maryland (244), Boston College (254), Clemson (267), Georgia Tech (271) and Maryland (357).

Virginia's Emil Heineking, a senior from Chardon, Ohio, became the 9th ACC men's Cross country runner to win multiple titles as he repeated as ACC champion with a time of 23.40.1, to finish four tenths of a seconds ahead of teammate Ryan Collins who finished second in a time of 23.40.5.

In the 6,000-meter women's competition, NC State freshman Laura Hoer, from Arden, N.C., took individual honors with a time of 20.04.5, finishing a second ahead of Florida State's Pasca Cheruiyot (20.05.5). The Seminoles, placed five runners among the top 18 finishers, including Pilar McShine (5th, 20.25.9), Astrid Leutert (12, 20.44.2), Jessica Parry (15th, 20.52.2) and Amanda Winslow (18th, 20.56.4) to record 52 points to finish ahead of Virginia (75), Duke (99) and host Boston College (100).

North Carolina was fifth with 123 points, followed by NC State (137), Wake Forest(206), Virginia Tech (207), Clemson (208), Maryland (311), Georgia Tech (315) and Miami (353).

Hoer became the ninth NC State women's runner (11th total individual titles) to take the individual ACC title, the most recent being Julia Lucas in 2006.

Heineking joins a prestigious list of ACC male cross country runners who have won two or more ACC individual championships including North Carolina's Jim Beatty and Gary Hofstetter, Maryland's Charles Shrader, Duke's Bob Wheeler and Scott Eden, Clemson's Hans Koeleman, NC State's Bob Henes and Florida State's Andrew Lemoncello.

NC State's Hoer, the 2019 ACC Women's Cross Country individual Champion and the Freshman of the Year, led the All-ACC Women's Cross Country team which also included teammate Andie Cozzarelli; Ana Nosenko of Wake Forest; Kendra Schaaf of North Carolina; Pilar McShine and Astrid Leutert of Florida State; Jillian King and Carolina King of Boston College; Barbara Strehler, Stephanie Garcia and Morgana Gay of Virginia; as well as Duke's Juliette Bottorff and Madeline Morgan.

Virginia's Heineking is the ACC Men's Cross Country Individual Champion while Florida State's Jakub Zivec, a true freshman from the Czech Republic, who finished 11th in a time of 24.07.6, was named the ACC's Freshman of the Year. Joining them on the All-ACC Men's team were Andrew Colley and Ryan Hill of NC State; Ryan Collins of Virginia; Bo Waggoner of Duke; Greg Kelsey of Maryland; Mathew Leeder, Ciaran O'Lionaird, David Forrester and Wesley Rickman of Florida State; and Adam Cunningham, Evan Watchempino and Jake Hurysz of North Carolina.

## Florida State sweeps ACC Cross Country championships

### Seminoles take first men's title, fourth straight women's crown

### NC State's Laura Hoer & Virginia's Emil Heineking claim individual honors

## 2010 ACC Cross Country Championships In Review October 30, 2010, Franklin Cross Country Course, Chestnut Hill, Mass



Led by Mathew Leeder and Ciaran O'Lionaird, who finished third and fourth respectively, **Florida State** placed five runners in the top 13 en route to capturing its first-ever men's cross country title ... the Seminoles totaled 43 points and outdistanced second-place NC State (81) by 38 points ... North Carolina (84) was third and Virginia (92) fourth ... the Cavaliers' Emil Heineking became the 9th individual in league history to capture multiple league titles, repeating as ACC champion with a time of 23.40.1, finishing a mere four-tenths of a seconds ahead of teammate Ryan Collins.

### 2010 ACC Men's Team Results

Teams	R1	R2	R3	R4	R5	Tot.
1. Florida State .....	3	4	11	12	13	43
2. NC State .....	9	10	19	20	23	81
3. North Carolina .....	6	7	14	28	29	84
4. Virginia .....	1	2	17	35	37	92
5. Duke .....	5	18	21	24	25	93
6. Wake Forest .....	26	34	42	53	54	209
7. Virginia Tech .....	41	47	49	50	55	242
8. Maryland .....	8	44	51	69	72	244
9. Boston College .....	33	48	52	60	61	254
10. Clemson .....	15	46	62	70	74	267
11. Georgia Tech .....	40	43	56	65	67	271
12. Miami .....	64	68	73	75	77	357

### Top 14 Men Individual Finishers

1. Emil Heineking, Sr., Virginia.....	23:40.1
2. Ryan Collins, Jr., Virginia.....	23:40.5
3. Matt Leeder, Sr., Florida State.....	23:42.2
4. Ciaran O'Lionaird, Sr., Florida State .....	23:46.6
5. Bo Waggoner, Sr., Duke.....	23:43.9
6. Adam Cunningham, Jr., North Carolina .....	23:44.1
7. Evan Watchempino, Sr., North Carolina .....	23:48.9
8. Greg Kelsey, Sr., Maryland.....	23:50.0
9. Andrew Colley, Fr., NC State .....	23:56.1
10. Ryan Hill, Jr., NC State .....	24:07.0
11. Jakub Zivec, Fr., Florida State .....	24:07.6
12. David Forrester, So., Florida State.....	24:07.9
13. Wesley Rickman, So., Florida State .....	24:09.5
14. Jake Hurysz, Fr., North Carolina.....	24:10.7



Led by senior Pasca Cheruiyot's second-place finish, **Florida State** placed five runners among the top 18 and captured its fourth-straight ACC title with a 23-point edge over second-place Virginia (52-to-75) ... Duke (99) was third and Boston College (100) fourth ... NC State freshman Laura Hoer took individual honors with a time of 20.04.5, finishing one second ahead of FSU's Cheruiyot ... Hoer, from Arden, N.C., became the ninth NC State women's runner (11th total titles) to claim the individual ACC title, the most recent being Julia Lucas in 2006.

### 2010 ACC Women's Team Results

Team Finishes	R1	R2	R3	R4	R5	Tot.
1. Florida State .....	2	5	12	15	18	52
2. Virginia.....	8	9	10	22	26	75
3. Duke.....	13	14	17	25	30	99
4. Boston College .....	6	7	16	34	47	100
5. North Carolina .....	4	21	29	31	38	123
6. NC State .....	1	11	24	49	52	137
7. Wake Forest .....	3	27	39	68	69	206
8. Virginia Tech .....	32	36	41	48	50	207
9. Clemson .....	19	28	47	56	58	208
10. Maryland .....	51	54	63	70	73	311
11. Georgia Tech .....	23	67	72	76	77	315
12. Miami .....	61	64	65	81	82	353

### Top 14 Women's Individual Finishers

1. Laura Hoer, Fr., NC State.....	20:04.4
2. Pasca Cheruiyot, Sr., Florida State.....	20:05.4
3. Anna Nosenko, Sr., Wake Forest .....	20:10.6
4. Kendra Schaaf, Jr., North Carolina .....	20:11.7
5. Pilar McShine, Sr., Florida State.....	20:25.9
6. Jillian King, So., Boston College.....	20:30.4
7. Caroline King, Jr., Boston College.....	20:31.6
8. Barbara Strehler, So., Virginia.....	20:33.1
9. Stephanie Garcia, Sr., Virginia.....	20:33.2
10. Morgane Gay, Jr., Virginia.....	20:36.7
11. Andie Cozzarelli, Jr., NC State.....	20:40.4
12. Astrid Leutert, Jr., Florida State.....	20:44.2
13. Juliet Bottorff, So., Duke .....	20:45.4
14. Madeline Morgan, So., Duke .....	20:49.2

# 2010 ACC Cross Country

## Individual Champion

- Men -

Name, School	Date	Race	Time
Ty McCormack, Clem.....	9.3.10	5k	15:08
Evan Watchempino, UNC.....	9.3.10	6.4k	19:38
Patrick Barron, GT.....	9.16.10	8k	25:22
Evan Watchempino, UNC.....	9.17.10	5k	19:46
Sandy Roberts, NCS.....	9.17.10	5k	15:11
Ty McCormack, Clem.....	10.1.10	8k	24:37
Dominick Robinson, Duke.....	10.1.10	8k	24:43
Bo Waggoner, Duke.....	10.15.10	8k	23:51
Emil Heineking, UVa.....	10.15.10	8k	23:47
Connor Adams, Miami.....	10.22.10	5k	15:45
Emil Heineking, UVa..(ACC)	10.30.10	8k	23:40
Brett Johnson, UVa.....	11.5.10	8k	24:58
Joseph Murray, VT.....	11.5.10	6k	18:36
Domenick DeMatteo, Duke..	11.6.10	5k	14:53
Ciaran O'Lionaird, FSU.....	11.13.10	10k	30:03

## ACC Men's Coach of the Year

Florida State's Bob Braman earned the league's Coach of the Year award for the second time after leading the Seminoles to their first-ever ACC men's title in this past weekend's ACC Championship. Florida State placed five runners in the top 15 and out-distanced second-place NC State by 38 points.

## Men's USTFCCA All-Americans

Ciaran O'Lionaird.....	Florida State
Michael Fout.....	Florida State
Ryan Hill.....	NC State

## Individual Champion

- Women -

Name, School	Date	Race	Time
Brooke Dovell, Miami.....	9.3.10	5k	19:19
Nicole Irving, WF.....	9.3.10	5k	17:45
Stephanie Garcia, UVa.....	9.10.10	5k	17:55
Caroline King, BC.....	9.11.10	5k	17:14
Kim Ruck, Clem.....	9.17.10	5k	16:47
Mary Kate Dubard, GT.....	9.16.10	5k	18:01
Mariana Lucena, UNC.....	9.17.10	5k	17:30
Laura Hoer, NCS.....	9.17.10	5k	17:00
Laura Hoer, NCS.....	9.25.10	6k	20:39
Anna Nosenko, WF.....	10.1.10	5k	16:38
Carly Seymour, Duke.....	10.15.10	5k	17:15
Brooke Dovell, Miami.....	10.22.10	5k	18:36
Laura Hoer, NCS..... (ACC)	10.30.10	6k	20:04
Stephanie Cario, VT.....	11.5.10	4k	14:42
Laura Hoer, NCS.....	11.13.10	6k	19:54

## ACC Women's Coach of the Year

In earning the award for the fourth-straight year, Florida State's Karen Harvey directed the Seminoles to this year's ACC women's cross country title as they totaled 52 points and out-distanced runner-up Virginia by 23 points. All five Florida State runners placed in the top 20, including senior Pasca Cheruiyot, who finished second in the individual competition.

## Women's USTFCCA All-Americans

Caroline King.....	Boston College
Pilar McShine.....	Florida State
Pasca Cheruiyot.....	Florida State
Jessica Parry.....	Florida State
Laura Hoer.....	NC State
Kendra Schaaf.....	North Carolina

## Performers of the Week

Men

S7.....	Evan Watchempino, North Carolina
S13.....	Ryan Collins, Virginia
S20.....	Sandy Roberts, NC State
S27.....	Ryan Hill, NC State
O4.....	Ty McCormack, Clemson
O11.....	Justin Harbor, Florida State
O18.....	Ryan Hill, NC State
O25.....	Connor Adams, Miami
O30.....	Emil Heineking, Virginia

Women

S7.....	Brooke Dovell, Miami
S13.....	Caroline King, Boston College Stephanie Garcia, Virginia
S20.....	Laura Hoer, NC State Kim Ruck, Clemson
S27.....	Laura Hoer, NC State
O4.....	Anna Nosenko, Wake Forest Kendra Schaaf, North Carolina
O11.....	Jillian King, Boston College
O18.....	Laura Hoer, NC State Amanda Winslow, Florida State
O25.....	Brooke Dovell, Miami
O30.....	Laura Hoer, NC State

## All-Conference

Men

Andrew Colley, Fr., NC State; Ryan Collins, Jr., Virginia; Adam Cunningham, Jr., North Carolina; David Forrester, So., Florida State; Emil Heineking, Sr., Virginia; Ryan Hill, Jr., NC State; Jake Hurysz, Fr., North Carolina; Greg Kelsey, Sr., Maryland; Matt Leeder, Sr., Florida State; Ciaran O'Lionaird, Sr., Florida State; Wesley Rickman, So., Florida State; Bo Waggoner, Sr., Duke; Evan Watchempino, Sr., North Carolina; Jakub Zivec, Fr., Florida State

**ACC Individual Champion:**

Emil Heineking, Virginia

**ACC Freshman of the Year:**

Jakub Zivec, Florida State

Women

Juliet Bottorff, So., Duke; Pasca Cheruiyot, Sr., Florida State; Andie Cozzarelli, Jr., C State; Stephanie Garcia, Sr., Virginia; Morgane Gay, Jr., Virginia; Laura Hoer, Fr., NC State; Madeline Morgan, So., Duke; Caroline King, Jr., Boston College; Jillian King, So., Boston College; Astrid Leutert, Jr., Florida State; Pilar McShine, Sr., Florida State; Anna Nosenko, Sr., Wake Forest; Kendra Schaaf, Jr., North Carolina; Barbara Strehler, So. Virginia.

**ACC Individual Champion:**

Laura Hoer, NC State

**ACC Freshman of the Year:**

Laura Hoer, NC State

# 2010 ACC Cross Country

## MEN'S RESULTS

### BOSTON COLLEGE

	BC Invitational 8k (8 of 9)	Williams Invitational 8k (6 of 18)	New England Championships 8k (7 of 47)	Princeton Invitational 8k (8 of 13)	Mayor's Cup 8k (1 of 3)	ACC Championships 8k (9 of 12)	Northeast Regional 10k (19 of 35)
Louis Serafini			32-25:27	23-25:08		33-24:51	78-31:52
Daniel Kane		26-27:10	61-25:49			48-25:24	91-32:00
Ted Doyle		38-27:27		73-26:35		61-25:50	103-32:11
Michael Keebler		11-26:45	114-26:18	59-26:01			105-31:15
Jordan Ham			34-25:28	35-25:24		52-25:34	110-32:20
Ian Thomas		25-27:08	48-25:40	52-25:49		60-25:45	
Coryl Ahern					5-25:49		
Akash Chougule	44-26:53				9-26:27		
Jack Shannon					10-26:35		
Nahed Lakkis					13-27:12		
Thomas Jennings					14-27:20		
Anthony Bellitti	28-26:19	45-27:40					
Joseph McConaughy	26-26:14						
Jack Linehan	39-26:48						
Andrew Macisaac	42-26:50						

### CLEMSON

	Gamecock Invitational 5k (1 of 3)	Clemson Invitational 5k (1 of 9)	Charlotte Invitational 8k (4 of 22)	Pre-Nationals Blue Race 8k (33 of 35)	ACC Championships 8k (10 of 12)	Southeast Regional 10k (20 of 35)
Ty McCormack	1-15:08	3-24:55	1-24:37	68-24:38	15-24:12	35-31:39
Chris Slate	8-16:06	10-25:49	23-25:43	190-25:59	46-25:20	103-33:05
Nic Tones			24-25:45	213-26:35	62-25:51	118-33:27
Blake Kennedy	10-16:20	12-25:59	52-26:19	205-26:18	70-26:12	134-33:43
Nathan Hendershot	5-15:54	23-26:27	34-26:08	226-27:12	74-26:19	167-34:34
Chad Holt	7-16:06	16-26:12				

### DUKE

	NC Central Dual 4k (1 of 2)	Wake Forest Dual 8k (1 of 2)	Roy Griak Invitational 8k (1 of 22)	Great American CC Festival 8k (1 of 10)	Panorama Farms Invitational 8k (1 of 8)	ACC Championships 8k (5 of 12)	Wolfpack Invitational 5k (1 of 2)	Southeast Regional 10k (2 of 35)	NCAA Championship 10k (21 of 31)
Bo Waggoner		5-24:53	8-24:27		1-23:51	5-23:43		23-31:11	74-31:00
Andrew Brodeur		2-24:52	11-24:38		5-24:12	25-24:32		24-31:11	91-31:17
James Kostelnik		3-24:53	18-24:50		6-24:15			19-30:59	93-31:18
Cory Nanni					10-24:26	18-24:17		21-31:03	97-31:20
Josh Lund		1-24:52	16-24:49			24-24:28			120-31:36
Josh Brewer						21-24:20		29-31:27	
Domenick DeMatteo							1-14:53		
Mike Moverman							2-15:05		
Brian Atkinson	2-11:58						3-15:06		
Dominick Robinson	3-12:16			1-24:43			4-15:17		
Jonathan Sanchez				7-26:09			5-15:42		
Ryan McDermott			26-25:02		8-24:22				
Brendon Pierson	5-12:24			4-25:55					
Joseph Elsagr				5-26:02					
Christian Britto				9-26:13					
Clint McKelvey	1-11:51	4-24:53							
Jonathan Chu	4-12:17								

### FLORIDA STATE

	Covered Bridge Open 8k (8 of 12)	Boston Univ. Invitational 8k (1 of 2)	Notre Dame Invitational 8k (3 of 21)	Florida State Invitational 8k (1 of 10)	Pre-Nationals Blue Race 8k (3 of 35)	ACC Championships 8k (1 of 12)	South Regional 10k (2 of 18)	NCAA Championship 10k (2 of 31)
Ciaran O'Lionaird	45-20:51		38-24:40	11-25:27	10-23:52	4-23:43	1-30:03	15-30:14
Michael Fout	44-20:51	5-25:01	9-24:08		25-24:09		9-30:26	24-30:21
David Forrester	46-20:52	2-24:44	16-24:15		30-24:14	12-24:07.9		42-30:39
Wes Rickman		6-25:01	19-24:17		34-24:15	13-24:09	16-30:41	48-30:41
Alexander Smyth		3-24:45	17-24:16	10-25:27	55-24:29		15-30:41	64-30:56
Matt Leeder	47-20:52			9-25:27		3-23:42	14-30:41	
Jacob Zivec		4-25:01				11-24:07.6		
Justin Harbor	43-20:51			3-25:01				
Nicholas Maedel				8-25:12				

# 2010 ACC Cross Country

## MEN'S RESULTS

### GEORGIA TECH

	Georgia Invitational 8k (3 of 8)	Georgia Dual 8k (1 of 2)	Louisville Classic 8k (21 of 38)	Royal XC Challenge 8k (3 of 12)	ACC Championships 8k (11 of 12)
DJ McMillan	16-25:17		49-24:44	6-24:27	40-25:04
Shawn Roberts		7-25:52	168-25:45	14-24:58	43-25:10
Mark Mendrek-Laske	18-25:23				56-25:39
Niall Longobardi					65-25:58
Philip O'Brien	13-25:10	8-25:53	165-25:40		67-26:05
Joe Fulton				18-25:11	
Doug Black				20-25:19	
Eric Powers				23-25:22	
Patrick Barron	7-24:54	1-25:22	32-24:31		
Nick McNutt	21-25:34	12-26:12	192-26:04		
Edward McMahan		6-25:50			

### MARYLAND

	Mt. St. Mary's Duals 5k (competed)	Navy Invitational 8k (competed)	Paul Short Invitational 8k (20 of 42)	Penn State Invitational 5.2Mile (14 of 27)	ACC Championships 8k (8 of 12)	Mid-Atlantic Regional 10k (10 of 28)
Greg Kelsey			10-24:08	5-25:30	8-23:50	8-30:21
Dan McDevitt			119-25:18	66-26:36	44-25:11	36-31:19
Corey Puffett			190-25:52	123-27:11	51-25:31	46-31:38
Sean O'Leary	7-15:57		223-26:06		69-26:09	111-33:08
Craig Morgan		49-26:29		136-27:23		120-33:22
Brian Faherty		66-27:07		150-27:33	72-26:16	
Alex Lundy			17-24:18			
Sumanth Kuppalli		53-26:35				
Chris Conway	15-16:07	67-27:12				

### MIAMI

	King of the Hill Invitational 5k (1 of 4)	Mountain Dew Invitational 8k (5 of 18)	Louisville Classic 8k (37 of 38)	Stetson Invitational 8k (2 of 14)	Miami Elite Invitational 5k (1 of 3)	ACC Championships 8k (12 of 12)	South Regional 10k (17 of 18)
Charles Michel			208-26:17	15-26:57	3-16:17	73-26:16	85-33:42
Phil Wood	9-16:58	45-27:02	203-26:13	17-27:13	7-16:42		87-33:49
Michael Coogen	18-17:17	54-27:33					95-34:28
Luke Fontaine				13-26:45	4-16:20	77-26:31	101-34:50
Sean Pezzulo	7-16:52	15-26:04	188-25:58			75-26:20	107-35:29
Connor Adams	3-16:44	13-25:45	117-25:24	3-26:01	1-15:45	64-25:54	
Greg Kaczka	13-17:09	36-26:46	162-25:43	5-26:08	2-15:48	68-26:06	

### NORTH CAROLINA

	Covered Bridge Open 8k (1 of 11)	UNC Invitational 4 mile (1 of 3)	Wisconsin Invitational 8k (8 of 21)	Pre-Nationals Blue Race 8k (8 of 35)	ACC Championships 8k (3 of 12)	Southeast Regional 10k (9 of 35)
Evan Watchempino	1-19:38	1-19:46	12-23:53	23-24:08	7-23:48	37-31:42
Jake Hurysz	12-20:12	5-20:22	46-24:25	59-24:32	14-24:10	44-31:55
Pat Schellberg	5-19:52	3-20:02	60-24:33		28-24:40	50-32:05
Alex Deir						57-32:12
Mohamed Abushouk	7-19:59	4-20:07		104-24:57	29-24:42	67-32:25
Adam Cunningham			29-24:09	45-24:23	6-23:44	
Steve Magnuson		6-20:24	78-24:45	105-24:57		
Isaac Presson	16-20:14					

# 2010 ACC Cross Country

## MEN'S RESULTS

### NC STATE

	Wolfpack Invitational 5000k (1 of 8)	Roy Griak Invitational 8k (2 of 22)	Pre-National White Race 8k (5 of 36)	ACC Championships 8k (2 of 12)	Southeast Regional 10k (3 of 35)	NCAA Championship 10k (20 of 31)
Ryan Hill		4-24:17	2-23:31	10-24:07	11-30:34	19-30:19
Andrew Colley	3-15:12.0	7-24:26	16-24:06	9-23:56	6-30:27	45-30:40
Bobby Moldovan				23-24:25	30-31:30	82-31:09
Matt Sonnenfeldt	4-15:12.3	20-24:52	36-24:24	20-24:18		140-31:50
Andrew North					46-31:57	150-32:00
Sandy Roberts	1-15:11.4	34-25:11	35-24:22	19-24:18	38-31:45	
Patrick Campbell			88-24:55			
Brian Himelright	2-15:11.7	24-24:54				
Lewis McPherson	6-15:21					

### VIRGINIA

	Onesty Invitational 8k (2 of 5)	Paul Short Invitational 8k (1 of 42)	Panorama Farms Invitational 8k (2 of 8)	ACC Championships 8k (4 of 12)	Cavalier Open 8k	Southeast Regional 10k (6 of 35)	NCAA Championship 10k (17 of 31)
Ryan Collins	3-25:13	18-24:19	3-24:03	2-23:40.5		7-30:28	26-30:25
Emil Heineking		2-23:49	1-23:47	1-23:40.1		5-30:24	59-30:53
Sean Keveren	14-26:33	43-24:49	9-24:24	17-24:13		27-31:18	70-30:58
Sintayehu Taye							90-31:17
Chris Foley		25-24:35		35-24:53			141-31:51
Graham Tribble						68-32:27	
Robbie Eckardt			11-24:28	37-24:58		78-32:43	
Brett Johnson					1-24:58		
Andrew Mearns	8-25:53				2-25:03		
Taylor Gilland					3-25:26		
David Wilson					8-25:46		
Patrick Todd					15-26:22		
Andrew Revelle	7-25:48	44-24:50	16-24:33				

### VIRGINIA TECH

	Virginia Tech Invitational 7645 M (2 of 4)	Charlotte Invitational 8k (2 of 22)	Blue Ridge Open 8k (3 of 18)	ACC Championships 8k (7 of 12)	Hokie Open 6k	Southeast Regional 10k (14 of 35)
Chris Walizer				41-25:07		58-32:12
Joey Murray	11-25:17		20-25:35		1-18:36	73-32:26
Jason Cusack	2-24:16	7-25:05	18-25:32	47-25:20		90-32:55
Tihut Degfae	7-24:55	17-25:33	26-25:44	55-25:37		95-32:59
Eddie Judge		8-25:06	15-25:24	50-25:28		108-33:15
Kevin Dowd		12-25:14			2-19:00	
Yazid Zouaima					3-19:05	
Grant Pollack					4-19:21	
Ryan Hagen	4-24:29	10-25:11	29-25:48			
Doug Fenstermacher	6-24:32			49-25:25		

### WAKE FOREST

	Covered Bridge Open 8k (4 of 12)	Wake Forest Dual 8k (2 of 2)	Charlotte Invitational 8k (1 of 22)	Panorama Farms Invitational 8k (3 of 8)	ACC Championships 8k (6 of 12)	Southeast Regional 10k (10 of 35)
Tom Divinnie	8-20:04	9-25:53	2-24:45	7-24:18	34-24:51	41-31:53
Devin Huizenga			14-25:24	20-25:11	42-25:08	56-32:10
Greg Billington			4-24:50	13-24:29	26-24:32	62-32:16
Garrett Drogosh		8-25:35	5-24:51	22-25:21	53-25:34	76-32:40
Marcus Dillon	10-20:08					84-32:52
Nate Guthais	31-20:39	10-26:18			54-25:36	
Paul Loeser	25-20:33		13-25:22	24-25:29		
Jake Graham		11-26:29				
Tom Finneran	41-20:50	12-26:30				

# 2010 ACC Cross Country

## WOMEN'S RESULTS

### BOSTON COLLEGE

	Boston College Invitational 5k (1 of 10)	UMass Invitational 5k (2 of 5)	Roy Griak Invitational 6k (6 of 29)	New England Invitational 5k (1 of 47)	Mayor's Cup 5k (1 of 4)	ACC Championships 6k (4 of 12)	Northeast Regional 6k (4 of 35)	NCAA Championship 6k (19 of 31)
Caroline King	1-17:14		18-21:34	3-17:26		7-20:31	7-20:17	30-20:53
Hope Krause	7-17:52		37-21:57	5-17:40		16-20:52	16-20:35	55-21:11
Jillian King	5-17:39		9-21:23	2-17:22		6-20:30	12-20:26	91-21:32
Elizabeth O'Brien							27-21:01	117-21:45
Madeline Wallace						34-21:25		139-22:03
Elizabeth Hynes	3-17:35		27-21:45	4-17:30		37-21:32	30-21:08	
Alanna Poretta					1-18:36			
Samantha Gawrych					2-18:38			
Christy Titus					3-18:38			
Caitlyn Bailey					4-18:39			
Jessica Driscoll		9-18:13			5-18:44			
Allison Stasiuk			74-22:33	12-18:00				
Sarah Lord		4-17:51						
Siobhan Bready		6-18:06						
Bridget Dahlberg		10-18:17						
Morgan Mueller		17-18:34						
Heather Garcia	15-18:27							

### CLEMSON

	Gamecock Invitational 5k (1 of 5)	Clemson Invitational 5k (1 of 9)	Charlotte Invitational 5k (1 of 25)	Pre-Nationals Blue Race 6k (22 of 38)	ACC Championships 6k (9 of 12)	Southeast Regional 6k (8 of 35)
Kim Ruck		1-16:47	2-16:52	22-20:46	19-21:02	6-20:20
Alyssa Kulik		3-17:40	6-17:29	70-21:25	28-21:12	25-21:08
Stephanie Buffo		5-17:53	7-17:38	126-21:53	47-21:57	63-21:53
Elyse Borisko	2-18:06	6-18:02	13-17:53		58-22:26	75-22:10
Sarah Turman	4-18:12	7-18:03	20-18:05		56-22:13	80-22:17
Alyssa Henshaw	13-19:01			158-22:13		
Natalie Anthony	8-18:20			167-22:18		
Lexi Neiling	16-19:10					

### DUKE

	NC Central Dual 4k (1 of 2)	Wake Forest Dual 5k (1 of 2)	Roy Griak Invitational 6k (4 of 29)	Hagan Stone Classic 5k (open)	Blue Ridge Open 5k (1 of 18)	ACC Championships 8k (3 of 12)	Wolfpack Invitational 5k (1 of 3)	Southeast Regional 6k (3 of 35)	NCAA Championship 6k (17 of 31)
Carly Seymour		1-17:29	16-21:30		1-17:15	17-20:53		12-20:31	36-20:58
Juliet Bottorff		2-17:31	7-21:18		3-17:20	13-20:45		5-20:19	47-21:04
Esther Vermeer									107-21:40
Mary Carleton Johnston			42-22:00		5-17:47	25-21:08		22-21:03	108-21:41
Madeline Morgan			23-21:42		2-17:17	14-20:49		27-21:15	118-21:46
Sophia Ziemian					13-18:15			56-21:42	
Kristina Krasich							1-17:50		
Devotia Moore	2-15:35	8-19:23		4-18:20			2-18:14		
Rebecca Craige							3-18:29		
Katie Apibunyopas	4-16:25						9-19:31		
Ashley Berry	3-15:59			8-18:44			15-20:19		
Emily Schwitzer	5-16:31	4-17:50	31-21:51			30-21:18			
Katelyn Bastert	1-14:15	5-18:24							

### FLORIDA STATE

	Covered Bridge Open 5k (5 of 10)	Boston Univ. Invitational 5k (1 of 2)	Notre Dame Invitational 5k (3 of 24)	Florida State Invitational 5k (2 of 10)	Pre-Nationals Blue Race 6k (1 of 38)	ACC Championships 8k (1 of 12)	South Regional 6k (1 of 25)	NCAA Championship 6k (2 of 31)
Pilar McShine			15-16:56		24-20:49	5-20:25	3-19:56	7-20:25
Pasca Cheruiyot		3-18:48	37-17:23		10-20:34	2-20:05	2-19:55	13-20:31
Jessica Parry			23-17:09		31-20:52	15-20:52	4-19:56	18-20:39
Jennifer Dunn		6-18:48	34-17:22		43-21:07		9-20:18	33-20:54
Astrid Leutert						12-20:44		83-21:25
Hannah Brooks		2-18:48					10-20:24	
Amanda Winslow			20-17:05		7-20:32	18-20:56		
Andrea Palen	7-18:20			8-17:59				
Emily Ness	15-18:39			9-18:05				
Bree-Arne McArdle	40-19:23			18-18:39				
Kara Taylor	34-19:18			21-18:41				
Lyndsey Spragins				24-18:46				

# 2010 ACC Cross Country

## WOMEN'S RESULTS

### GEORGIA TECH

	Georgia Invitational 5k (4 of 7)	Georgia Dual 5k (2 of 2)	Louisville Classic 5k (25 of 35)	Royal XC Challenge 5k (3 of 21)	ACC Championships 8k (11 of 12)	South Regional 6k (15 of 25)
Mary Kate Dubard		1-18:01	24-17:40	2-17:22	23-21:06	11-20:32
Megan Breitbart	21-18:59	14-19:09	123-18:48	28-18:41	67-22:47	68-22:06
Betsy Kim		11-18:57	155-18:58	18-18:23	72-22:55	84-22:24
Felicity Brower	15-18:49	12-18:58	170-19:09	32-18:45	76-23:09	87-22:26
Maureen McKeekin	41-19:49		171-19:10			103-22:47
Mary Kownack					77-23:15	
Sarah Anderson	37-19:35	20-19:37		39-18:51		
Lauren Young	40-19:42					

### MARYLAND

	Mt. St. Mary's Duals 5k (4 of 7)	Salty Dog Invitational 6k (1 of 9)	Paul Short Invitational 6k (18 of 41)	Penn State Invitational 6k (12 of 31)	ACC Championships 8k (10 of 12)	Mid-Atlantic Regional 6k (13 of 29)
Ashley Cromartie		15-23:23	122-22:23	92-22:31	54-22:08	36-21:46
Ashley Campbell			87-22:03	78-22:23	63-22:34	54-22:10
Anna Roth	25-21:17					82-22:45
Andrea Rothschild		29-23:57		120-22:53	73-22:57	93-22:55
Maryam Fikiri	15:20:07					121-23:28
Julie Fricke		6-22:51	54-21:34	37-21:47	51-22:05	
Betsy Yep		10-23:00	65-21:46		70-22:52	
Ashlyn Sinclair				117-22:50		
Danielle Karagannis		23-23:49	176-22:53			
Bridget Nolan	17-20:26					
Christy Goldmann	22-20:52					
Lauren Sumner	24-21:10					

### MIAMI

	King of the Hill Open 5k (1 of 5)	Mountain Dew Invitational 5k (6 of 14)	Louisville Classic 5k (30 of 35)	Stetson Hatter Invitational 5k (1 of 14)	Miami Elite Invitational 5k (1 of 4)	ACC Championships 6k (12 of 12)	South Regional 6k (17 of 25)
Brooke Dovell	1-19:19	10-17:56	74-18:23	3-18:25	1-18:36	61-22:32	59-21:53
Katharine Woodard	6-20:47	33-19:00	156-19:00	8-19:02	5-19:21	65-22:37	81-22:20
Lindsy Arrington	3-20:01	22-18:37	101-18:36	9-19:02	2-18:47	64-22:34	111-22:56
Emma Steppe	8-21:03	54-19:39		16-19:36	7-20:02	82-24:25	119-23:01
Caitlin Knapp		53-19:33		14-19:24	6-19:47		106-22:50
Allison Ludwick			203-19:45			81-24:23	
Anna Bona	13-21:34		218-20:02				

### NORTH CAROLINA

	Covered Bridge Open 5k (1 of 10)	UNC Invitational 5k (1 of 3)	Wisconsin Invitational 6k (2 of 20)	ACC Championships 6k (5 of 12)	Southeast Regional 6k (2 of 35)	NCAA Championship 6k (14 of 31)
Kara Schaaf			4-20:21	4-20:11	2-20:02	9-20:27
Ashley Verplank			15-20:40	38-21:33	20-21:02	59-21:12
Mariana Lucena	5-18:10	1-17:30	25-20:50	29-21:15	16-20:59	95-21:34
Caroline Kirby		3-17:47	32-20:54	21-21:05		115-21:44
Carter Norbo	8-18:21	4-18:12				127-21:50
Ashley Miess					29-21:18	
Jacque Taylor	2-17:56	2-17:39	22-20:48	31-21:23	33-21:21	
Lauern Rice	21-18:54	5-18:21				
Lianne Farber	14-18:36					

# 2010 ACC Cross Country

## WOMEN'S RESULTS

NC STATE	Wolfpack Invitational 5k (2 of 10)	Roy Griak Invitational 6k (8 of 29)	Great American Festival 5k (2 of 9)	Pre-Nationals White Race 6k (8 of 40)	ACC Championships 6k (6 of 12)	Wolfpack Invitational 5k (3 of 3)	Southeast Regional 6k (4 of 35)	NCAA Championship 6k (24 of 31)
Laura Hoer	1-17:00	1-20:39		4-20:13	1-20:04		1-19:54	17-20:37
Andie Cozzarelli	7-17:42	38-21:57		37-21:08	11-20:40		9-20:26	40-21:02
Kara McKenna	5-17:37.6	29-21:48		83-21:42	24-21:08		19-21:00	80-21:23
Erin Mercer	6-17:37.8	71-22:29		98-21:50			60-21:45	156-22:14
Jordan Jenkins					49-22:00		64-21:54	194-22:54
Leah Vaughn						4-18:48		
Paige Woodard			13-19:14			6-18:59		
Amanda Burger						10-19:33		
Amira Chowyuk						16-20:20		
Cora Shull						17-21:04		
Lauren Doherty					52-22:08			
Kaitlyn Davis				119-21:58				
Ryanna Henderson			4-18:37					
Marika Walker			6-18:47					
Bone Jones			8-18:53					
Anna Gillespie			23-19:56					

VIRGINIA	Lou Onesty Open 5k (1 of 5)	Paul Short Invitational 6k (2 of 41)	Panorama Farms Invitational 6k (2 of 7)	ACC Championships 6k (2 of 12)	Cavalier Open 5k	Southeast Regional 6k (1 of 35)	NCAA Championship 6k (21 of 31)
Stephanie Garcia	1-17:55	7-20:28	7-20:57	9-20:33.2		10-20:26	61-21:14
Barbara Strehler	2-18:10	5-20:28	6-20:52	8-20:33.1		8-20:26	63-21:15
Morgane Gay		10-20:31		10-20:36		4-20:18	94-21:33
Katherine Walker				26-21:11		17-20:59	98-21:37
Ariel Karabinus		41-21:24	10-21:44	22-21:06		26-21:19	144-22:07
Chelsea France					3-19:04		
Colette Gnade					4-19:14		
Natalia Kuhn					9-20:06		
Vanessa Fabrizio					13-20:14		
Jenn Weatherly					22-20:46		
Anna Corrigan	4-18:51		12-21:51				
Lindsay Harper	5-19:12		20-22:51				
Rosemary Barber	3-18:38	35-21:21					

VIRGINIA TECH	Virginia Tech Invitational 4640m (2 of 5)	Charlotte Invitational 5k (2 of 25)	Blue Ridge Open 5k (2 of 18)	ACC Championships 6k (8 of 12)	Hokie Open 4k	Southeast Regional 6k (5 of 35)
Paige Kwartunas		10-17:47	6-17:55	36-21:27		18-21:00
Courtney Dobbs		7-17:39	20-18:28	41-21:36		38-21:28
Madalyn Nuckols				48-21:58		47-21:37
Sammy Dow		4-17:23	7-17:56	32-21:23		50-21:38
Taylor Crosson			16-18:20			55-21:41
Stephanie Cario					1-14:42	
Jackie Merrick	14-18:13				2-14:50	
Mary Cather Sowder	9-17:42				3-15:33	
Erica Weidman					4-15:58	
Jen VanderSloot					5-16:53	
Jess Trapani	5-17:35	16-17:55	14-18:19	50-22:04		
Casey Gresham	3-17:11	17-17:54				
Erin Stehle	4-17:26					

WAKE FOREST	Covered Bridge Open 5k (2 of 10)	Charlotte Invitational 5k (3 of 25)	Panorama Farms Invitational 6k (3 of 7)	ACC Championships 6k (7 of 12)	Southeast Regional 6k (12 of 35)
Anna Nosenko		1-16:38	3-20:44	3-20:10	3-20:13
Nicole Irving	1-17:45	3-17:11	9-21:27	27-21:12	52-21:39
Allison Homer	13-18:35	8-17:41	11-21:48	39-21:33	46-21:36
Cate Beranato			19-22:47	68-22:50	115-22:41
Casey Fowler			24-23:01	69-22:51	
Caitlin Crawford	23-19:01	26-18:18			
Marley Burns		28-18:25			123-22:45
Melanie Powers	4-18:02				
Alisyn Hummelberg	18-18:46				