



2005 ACC CROSS COUNTRY

ACC Coaches

BOSTON COLLEGE Randy Thomas
 CLEMSON Bob Pollock (M)
 Marcia Fletcher-Noad (W)
 DUKE Norm Ogilvie (M)
 Kevin Jermyn (W)
 FLORIDA STATE Bob Braman
 GEORGIA TECH Alan Drosky
 MARYLAND Andrew Valmon
 Michael Garrison (CC)
 MIAMI Michael Ward (M)
 Amy Deem (W)
 NORTH CAROLINA Dennis Craddock
 Michael Whittlesey (CC)
 NC STATE Rollie Geiger
 Laurie Henes (W)
 VIRGINIA Jason Dunn
 VIRGINIA TECH Ben Thomas
 WAKE FOREST Annie Bennett
 Dr. Scott Hall (M)

ACC Cross Country Contacts

ACC Barb Dery
 (336) 851-6062 bdery@theacc.org
 BOSTON Stefanie Howlett
 (617) 552-3004 howletst@bc.edu
 CLEMSON Philip Sikes
 (864) 656-2114 philips@clemson.edu
 DUKE Kim Conrad
 (919) 684-2633 kconrad@duaa.duke.edu
 FLORIDA STATE Josh Weber
 (850) 644-1403 jweber2@mailier.fsu.edu
 GEORGIA TECH Peter Bourg
 (404) 894-5445 pbourg@at.gtaa.gatech.edu
 MARYLAND Mike Gerton
 (301) 314-7064 mgerton@umd.edu
 MIAMI Sam Henderson
 (305) 284-3244 shenderson@miami.edu
 NORTH CAROLINA Bobby Hundley
 (919) 843-5678 bhundley@unca.unc.edu
 NC STATE Bruce Winkworth
 (919) 515-2102 bruce_winkworth@ncsu.edu
 VIRGINIA Chip Rogers
 (434) 982-5500 crr2x@virginia.edu
 VIRGINIA TECH Brent Hager
 (540) 231-6726 bhager@vt.edu
 WAKE FOREST Tripp Pendergast
 (336) 758-6099 penderjf@wfu.edu

RELEASE 12 (FINAL-UPDATED)

November 28, 2005

September 2

North Carolina, Wake Forest at Wake Forest Relays Winston-Salem, N.C.
 M Wake Forest, 1 of 4 teams (7.2K, 11 points)
 North Carolina, 2 of 4 teams (7.2K, 16 points)
 W Wake Forest, 1 of 4 teams (5K, 6 points)
 North Carolina, 2 of 4 teams (5K, 16 points)

Florida State at Covered Bridge Open Boone, N.C.
 M Florida State, 1 of 9 teams (8K, 29 points)
 W Florida State, 1 of 8 teams (5K, 38 points)

September 3

Miami at Palm Beach Atlantic Sailfish Invit. West Palm Beach, Fla.
 M Miami, 1 of 6 teams (5K, 20 points)
 W Miami, 3 of 6 teams (5K, 99 points)
 Virginia Tech at Virginia Tech Invitational Blacksburg, Va.
 M Virginia Tech, 2 of 9 teams (6K, 33 points)
 W Virginia Tech, 1 of 9 teams (4K, 21 points)

Clemson at Gamecock Invitational Columbia, S.C.
 W Clemson, 1 of 12 teams (5K, 45 points)

September 7

North Carolina Central at Duke Durham, N.C.
 M Duke, 1 of 2 teams (4K, 21 points)
 W Duke, 1 of 2 teams (4K, 21 points)

September 9

Miami, (Florida State "B" team) at Gator Invitational Gainesville, Fla.
 M Miami, 2 of 12 teams (8K, 70 points)
 W Miami, 9 of 16 teams (5K, 222 points)
 Duke (M), Virginia at Lou Onesty Invitational Charlottesville, Va.
 M Duke, 2 of 9 teams (8K, 67 points)
 Virginia, 1 of 9 teams (8K, 28 points)
 W Virginia, 1 of 8 teams (5K, 40 points)

September 10

Boston College at Dartmouth Invitational Hanover, N.H.
 M Boston College, 5 of 9 teams (8K, 160 points)
 W Boston College, 2 of 9 teams (5K, 44 points)

Clemson at Clemson Invitational Clemson, S.C.
 M Clemson, 1 of 11 teams (8K, 43 points)
 W Clemson, 3 of 11 teams (5K, 97 points)

Duke (W) at San Diego Invitational San Diego, Calif.
 W Duke, 1 of 6 teams (6K, 15 points)

Georgia Tech at Mercer Atlanta Cross Country Meet Atlanta, Ga.
 M Georgia Tech, 2 of 20 teams (5K, 44 points)
 W Georgia Tech, 1 of 18 teams (4K, 35 points)

Maryland at Great Meadows Invitational Manassas, Va.
 M Maryland, 4 of 6 teams (6.6K, 102 points)
 W Maryland, 3 of 5 teams (5K, 73 points)

September 16

Virginia Tech at VT Alumni Invitational Blacksburg, Va.
 M Virginia Tech, 1 of 4 teams (7.7K, 16 points)
 W Virginia Tech, 1 of 4 teams (4K, 15 points)

September 17

Clemson (W), FSU, GaT at FSU Invitational Tallahassee, Fla.
 M Florida State, 1 of 16 teams (8K, 26 points)
 Georgia Tech, 6 of 16 teams (8K, 169 points)
 W Florida State, 1 of 18 teams (5K, 33 points)
 Georgia Tech, 3 of 18 teams (5K, 120 points)
 Clemson, 5 of 18 teams (5K, 156 points)

NCS, (Wake Forest (M) "B", Duke (W) "B") at Raleigh Inv. Raleigh, N.C.
 M NC State, 1 of 4 teams (5K, 18 points)
 W Wake Forest, 1 of 7 teams (5K, 18 points)
 NC State, 2 of 7 teams (5K, 45 points)

North Carolina at Carolina Challenge Chapel Hill, N. C.
 M North Carolina, 1 of 5 teams (8K, 15 points)
 W North Carolina, 1 of 4 teams (5K, 18 points)

September 23

Miami (W) at FIU Invitational Miami, Fla.
 W Miami, 2 of 3 teams (5K, 47 points)
 Boston College "B" at Quinnipiac Invitational Quinnipiac Univ.

September 24

Boston College, UNC(W) at Roy Griak Invitational Minneapolis, Minn.
 M Boston College, 24 of 27 teams (8K, 568 points)
 W Boston College, 9 of 31 teams (6K, 235 points)
 North Carolina, 21 of 31 teams (6K, 609 points)
 CU (M), MD, UNC (M), VA, WF (M) at Great American Classic Cary, N.C.
 (DUKE (M) "B", NCS "B" at Great American Classic)
 M Virginia, 2 of 12 teams (8K, 60 points)
 Wake Forest, 4 of 12 teams (8K, 138 points)
 Maryland, 7 of 12 teams (8K, 191 points)
 Clemson, 8 of 12 teams (8K, 200 points)
 North Carolina, 9 of 12 teams (209 points)
 W Duke, 1 of 12 teams (5K, 20 points)
 Virginia, 3 of 12 teams (5K, 110 points)
 Maryland, 7 of 12 teams (5K, 183 points)

September 30

DU (M), FS, GT, UM (M), WF at Notre Dame Invit. ... Notre Dame, Ind.
 M Florida State, 4 of 25 teams (8K, 159 points)
 Duke, 8 of 25 teams (8K, 292 points)
 Wake Forest, 17 of 25 teams (8K, 422 points)
 Miami, 24 of 25 teams (8K, 704 points)
 Georgia Tech, 25 of 25 teams (8K, 715 points)
 W Wake Forest, 4 of 24 teams (5K, 151 points)
 Florida State, 12 of 24 teams (5K, 321 points)
 Georgia Tech, 21 of 24 teams (5K, 559 points)

October 1

Boston College at Murray Keatinge Invit. Orono, Maine
 M Boston College, 4 of 10 teams (5K, 125 points)
 W Boston College, 2 of 10 teams (5K, 42 points)
 Maryland at Paul Short Invite Bethlehem, Pa.
 M Maryland, 32 of 44 teams (8K, 819 points)
 W Maryland, 4 of 47 teams (6K, 226 points)
 Virginia Tech at Mountaineer Open Boone, N.C.
 M Virginia Tech, 1 of 5 teams (4 mile, 15 points)
 W Virginia Tech, 1 of 5 teams (5K, 17 points)

October 8

Boston College at New England Champ. Boston, Mass.
 (Boston Collège (W) "B" team at New England Championship)
 M Boston College, 3 of 47 teams (4.95 miles, 157 points)
 Miami at Disney Cross Country Classic Orlando, Fla.
 M Miami (8K, No team score)
 W Miami, 13 of 33 teams (5K, 400 points)
 Clemson (W) at Furman Invitational Greenville, S.C.
 W Clemson, 3 of 24 teams (5K, 102 points)

October 14

North Carolina (M) at Blue Ridge Invitational Boone, N.C.
 M North Carolina, 3 of 12 teams (8K, 90 points)

October 15

NCAA Pre-Meet Terre Haute, Ind.
 M Virginia, 6 of 33 teams (8K, 252 points)
 Florida State, 7 of 33 teams (8K, 255 points)
 NC State, 17 of 33 teams (8K, 438 points)
 Clemson, 22 of 33 teams (8K, 543 points)
 Wake Forest, 25 of 33 teams (8K, 598 points)
 W NC State, 14 of 35 teams (6K, 209 points)
 Wake Forest, 5 of 34 teams (6K, 212 points)
 Boston College, 6 of 34 teams (6K, 223 points)
 Virginia, 8 of 35 teams (6K, 313 points)
 North Carolina, 10 of 35 teams (8K, 358 points)
 Florida State, 13 of 34 teams (6K, 371 points)

Penn State Invitational State College, Penn.
 M Duke, 7 of 37 teams (5.2 miles, 217 points)
 Virginia Tech, 12 of 37 teams (5.2 miles, 378 points)
 Maryland, 25 of 37 teams (5.2 miles, 710 points)
 W Duke, 1 of 34 teams (6K, 22 points)
 Maryland, 10 of 34 teams (6K, 276 points)
 Virginia Tech, 13 of 34 teams (6K, 412 points)

Chili Pepper Invitational Fayetteville, Ark.
 M Miami, 14 of 30 teams (10K, 385 points)
 Georgia Tech, 18 of 30 teams (10K, 480 points)
 W Georgia Tech, 9 of 38 teams (6K, 313 points)
 Miami, 24 of 38 teams (6K, 639 points)

October 31**ACC CHAMPIONSHIPS Florida State University, Tallahassee, Fla. WOMENS (6K)**

- Duke 20 points
- NC State 91 points
- Wake Forest 104 points
- Boston College 106 points
- North Carolina 128 points
- Virginia 177 points
- Florida State 196 points
- Maryland 214 points
- Virginia Tech 235 points
- Georgia Tech 281 points
- Miami 323 points
- Clemson 327 points

ALL-CONFERENCE TEAM

- Shannon Rowbury, Duke 19:03.2
- Clara Horowitz, Duke 19:05.5
- Jemissa Hess, NC State 19:26.7
- Whitney Anderson, Duke 19:28.9
- Annie Bersagel, Wake Forest 19:31.9
- Laura Stanley, Duke 19:34.2
- Sally Meyerhoff, Duke 19:39.8
- Laurel Burdick, Boston College 19:40.0
- Elizabeth Wort, Duke 19:40.5
- Emily Harrison, Virginia 19:42.3
- Natasha Roetter, Duke 19:44.6
- Magin Kebert, NC State 19:48.7
- Megan Kaltenbach, North Carolina 19:49.2
- Brianna Feltnagle, North Carolina 19:53.8
- Coach of the Year Kevin Jermyn, Duke
- Freshman of the Year Whitney Anderson, Duke

MENS (8K)

- Virginia 30 points
- Florida State 38 points
- NC State 103 points
- Wake Forest 136 points
- Duke 142 points
- Virginia Tech 174 points
- Clemson 175 points
- North Carolina 198 points
- Boston College 201 points
- Maryland 304 points
- Miami 342 points
- Georgia Tech 356 points

ALL-CONFERENCE TEAM

- Andrew Lemoncello, Florida State 23:43.1
- Matt Clark, Clemson 23:51.2
- Tom Lancashire, Florida State 23:53.5
- Jan Foerster, Virginia 24:00.4
- Andrew Dumm, Virginia 24:00.9
- Soeren Lindner, Virginia 24:05.0
- Ryan Foster, Virginia 24:08.0
- Andy Biladeau, Virginia 24:10.8
- Phil Nicholls, Florida State 24:12.6
- Sean Burris, Florida State 24:13.4
- Sean Stevens, Wake Forest 24:17.4
- Chris Spooner, Duke 24:20.6
- Alex Tatu, Virginia 24:21.5
- John Crews, NC State 24:22.2
- Coach of the Year Jason Dunn, Virginia
- Freshman of the Year Andy Biladeau, Virginia

November 12

NCAA Northeast Regional Championships..... Boston, Mass.
M Boston College, 9 of 37 teams (10K, 329 points)
W Boston College, 1 of 38 teams (6K, 87 points)

ALL-NORTHEAST REGION (WOMEN)

9. Maria Cicero..... Boston College
10. Laurel Burdick..... Boston College
13. Mallory Champa..... Boston College

NCAA Southeast Regional Championships Greenville, N.C.

M Virginia, 2 of 30 teams (10K, 91 points)
NC State, 3 of 30 teams (10K, 96 points)
Duke, 4 of 30 teams (10K, 198 points)
Wake Forest, 7 of 30 teams (10K, 216 points)
Clemson, 10 of 30 teams (10K, 279 points)
Virginia Tech, 13 of 30 teams (10K, 317 points)
North Carolina, 14 of 30 teams (10K, 334 points)
W Duke, 1 of 28 teams (6K, 33 points)
NC State, 2 of 28 teams (6K, 78 points)
Virginia, 3 of 28 teams (6K, 149 points)
Wake Forest, 4 of 28 teams (6K, 151 points)
North Carolina, 6 of 28 teams (6K, 182 points)
Virginia Tech, 12 of 28 teams (6K, 337 points)
Clemson, 17 of 28 teams (6K, 479 points)

ALL-SOUTHEAST REGION (MEN)

4. Jan Foerster Virginia
6. Matt Clark Clemson
7. John Crews NC State
10. Keith Krieger Duke
11. Ryan Foster Virginia
14. Chris Kollar NC State
18. Andrew Dumm Virginia
23. Stephen Furst NC State
24. Sean Stevens Wake Forest
25. Bryce Ruiz NC State

ALL-SOUTHEAST REGION (WOMEN)

1. Shannon Rowbury Duke
2. Clara Horowitz Duke
3. Jemissa Hess NC State
4. Annie Bersagel Wake Forest
5. Emily Harrison Virginia
6. Sally Meyerhoff Duke
7. Kara Scanlin Virginia
8. Magin Kebert NC State
10. Liz Wort Duke
14. Kelly Fillnow Duke
16. Natasha Roetter Duke
17. Brianna Felnagle North Carolina
18. Angelina Blackmon NC State
20. Michelle Sikes Wake Forest
22. Tasmin Fanning Virginia Tech
24. Ginger Wheeler NC State
25. Kris Roth NC State

NCAA South Region Championships Gainesville, Fla.

M Florida State, 2 of 20 teams (10K, 47 points)
Miami, 10 of 20 teams (10K, 302 points)
Georgia Tech, 14 of 20 teams (10K, 390 points)
W Florida State, 3 of 24 teams (6K, 118 points)
Georgia Tech, 9 of 24 teams (6K, 250 points)
Miami, 20 of 24 teams (6K, 502 points)

ALL-SOUTH REGION (MEN)

2. Andrew Lemoncello Florida State
7. Tom Lancashire Florida State
13. Sean Burris Florida State
14. Phil Nichols Florida State
20. Kevin Cook Florida State

ALL-SOUTH REGION (WOMEN)

4. Melanie Schultz Miami
7. Laura Bowerman Florida State
14. Abi Wilshire Florida State

NCAA Mid-Atlantic Regionals Bethlehem, Pa.

M Maryland, 17 of 28 teams (10K, 538 points)
W Maryland, T5 of 26 teams (6K, 187 points)

ALL MID-ATLANTIC REGION (WOMEN)

18. Cori Koch Maryland

November 19

ECAC/IC4A Championships Bronx, N.Y.

M Duke, 1 of 20 teams (5 mile, 98 points)
Maryland, 20 of 20 teams (5 mile, 554 points)
W Maryland, 2 of 12 teams (5K, 95 points)

November 21

NCAA Championships (Indiana State University) Terre Haute, Ind.

MEN'S RESULTS (10K)

(1. Wisconsin 37 points)
18. Florida State 471 points
26. Virginia 550 points

21. Andrew Lemoncello, Florida State
64. John Crews, NC State
77. Tom Lancashire, Florida State
103. Jan Foerster, Virginia
106. Matt Clark, Clemson
111. Andrew Dumm, Virginia
129. Ryan Foster, Virginia
158. Kevin Cook, Florida State
163. Phil Nichols, Florida State
173. Andy Biladeau, Virginia
175. Sean Burris, Florida State
183. Jeff Eggleston, Virginia
195. Luke Beevor, Florida State
208. Soeren Lindner, Virginia
227. Alex Tatu, Virginia
244. Chris Nickinson, Florida State

WOMEN'S RESULTS

(1. Stanford 146 points)
3. Duke 185 points
14. NC State 406 points
17. Wake Forest 426 points
18. Boston College 432 points
22. North Carolina 520 points
26. Virginia 605 points

5. Clara Horowitz, Duke
17. Annie Bersagel, Wake Forest
35. Laurel Burdick, Boston College
38. Emily Harrison, Virginia
45. Brianna Felnagle, North Carolina
51. Natasha Roetter, Duke
55. Shannon Rowbury, Duke
66. Mallory Champa, Boston College
67. Kara Scanlin, Virginia
68. Jemissa Hess, NC State
69. Laura Stanley, Duke
70. Sally Meyerhoff, Duke
71. Whitney Anderson, Duke
75. Magin Kebert, NC State
80. Liz Wort, Duke
91. Nicole Shappert, Wake Forest
103. Maria Cicero, Boston College
106. Angelina Blackmon, NC State
126. Megan Kaltenbach, North Carolina
127. Laura Bowerman, Florida State
131. Erin Franklin, Wake Forest
132. Cassie King, North Carolina
133. Brittany Tinsley, NC State
151. Hanna Bremler, Wake Forest
153. Melanie Schultz, Miami
157. Nichole Lister, Boston College
159. Sara Powell, NC State
166. Mandy McBean, Wake Forest
176. Kris Roth, NC State
182. Ginger Wheeler, NC State
184. Katelyn Kaltenbach, North Carolina
186. Carol Henry, North Carolina
195. Laura Hodges, Virginia
198. Kristen Coon, Boston College
210. Laura Cummings, North Carolina
213. Jill Miller, Wake Forest
214. Anne Hessberg, Boston College
220. Michelle Sikes, Wake Forest
221. Katie Read, Virginia
225. Laurretta Dezubay, Virginia
229. Morgan Stengel, North Carolina
244. Nicola Tufts, Boston College
250. Jennifer Dolson, Virginia
253. Janine Ricci, Virginia

(BOLD DENOTES ALL-AMERICAN)

Mondo National Poll (Men)

	PS	S	S	O	O	N	N
Wisconsin	1	1	1	2	2	1	1
Arkansas	3	3	2	1	1	2	2
Colorado	2	2	3	3	3	3	3
Arizona	10	8	7	6	7	9	4
Notre Dame	7	6	6	7	5	5	5
Stanford	5	4	5	5	4	4	6
UTEP	22	14	13	11	10	8	7
BYU	4	5	4	4	6	6	8
Georgetown	12	12	12	12	9	7	9
Texas	9	9	9	9	12	10	10
Alabama	-	-	-	-	20	11	11
Ohio State	13	15	16	18	26	15	12
Iona College	6	7	8	8	21	21	13
Oklahoma State.. T28	30	-	-	-	25	26	14
William & Mary 19	16	15	15	15	16	17	15
FLORIDA STATE .. 20	T18	18	17	19	22	16	
Dartmouth	-	-	-	22	14	16	17
Iowa	16	13	10	14	11	20	18
Kansas	-	-	24	28	13	12	19
Florida	-	-	-	13	8	14	20
Arizona State	11	11	23	27	-	-	21
VIRGINIA	-	-	27	29	18	19	22
Minnesota	25	25	20	20	23	18	23
Portland	21	23	22	16	15	13	24
Butler	15	17	30	-	-	-	T25
Washington	-	-	-	24	24	29	T25
American	23	24	25	25	29	27	27
Eastern Michigan	-	-	-	-	30	-	28
Indiana	17	21	19	21	22	25	29
Tennessee	-	-	-	-	-	-	30
Michigan	27	22	14	19	17	23	-
Cal Poly-SLO	8	10	11	10	27	24	-
California	-	-	-	-	-	28	-
Providence	24	27	28	-	-	30	-
Air Force	14	20	21	26	28	-	-
NC STATE	18	T18	17	23	-	-	-
Colorado State	26	26	26	30	-	-	-
Northern Arizona T30	29	29	-	-	-	-	-
Oregon	T28	28	-	-	-	-	-
Michigan State ... T30	-	-	-	-	-	-	-

FinishLynx National Poll (Women)

	PS	S	S	O	O	N	N
DUKE	2	1	1	1	1	1	1
Stanford	4	5	4	3	2	2	2
Michigan	5	4	5	2	3	3	3
Notre Dame	3	3	3	8	4	4	4
Arizona State	8	7	T6	6	5	5	5
Colorado	1	2	2	7	10	10	6
NC STATE	9	8	9	9	9	9	7
Brigham Young	6	6	T6	4	8	7	8
Oklahoma State	-	-	14	16	15	16	9
BOSTON COLLEGE ..	-	-	-	26	14	18	10
Columbia	11	10	T20	13	7	8	11
Minnesota	-	-	11	10	11	11	12
Princeton	18	14	16	15	18	14	13
Illinois	14	16	T20	5	6	6	14
Tennessee	16	17	15	18	21	15	15
Arkansas	17	13	10	12	17	19	16
Providence	7	11	19	20	16	13	17
Northern Arizona	-	23	T26	24	13	17	18
Baylor	24	20	13	14	20	20	19
VIRGINIA	25	-	23	22	19	-	20
WAKE FOREST	12	12	12	11	12	12	21
Wisconsin	-	-	-	27	-	-	22
Villanova	10	9	8	-	-	-	23
Washington	27	29	30	23	26	26	24
Butler	30	-	18	21	27	22	25
Oregon	-	-	-	30	22	21	26
Rice	-	-	-	-	24	25	27
Georgia	22	21	-	28	28	-	28
Georgetown	21	24	T26	19	-	27	29
Michigan State	13	18	29	17	23	30	30
Marquette	28	3	22	25	29	23	-
NORTH CAROLINA	26	27	-	-	25	24	-
Missouri	19	19	24	-	-	28	-
Indiana	23	22	-	-	-	29	-
Iowa	-	-	-	-	30	-	-
MARYLAND	-	-	-	29	-	-	-
Yale	29	25	25	-	-	-	-
FLORIDA STATE	-	28	28	-	-	-	-
UC-Sanra Barbara	15	15	17	-	-	-	-
Colorado State	20	26	-	-	-	-	-

ACC Performers of the Week

Men

(S5)	Pablo Durana	North Carolina
(S12)	Soeren Lindner	Virginia
(S19)	Andrew Lemoncello	Florida State
(S26)	Matt Clark	Clemson
(O3)	Andrew Lemoncello	Florida State
(O10)	Pat Mellea	Boston College
(O17)	Jan Foerster	Virginia

Women

(S5)	Nicole Schappert	Wake Forest
(S12)	Clara Horowitz	Duke
(S19)	Erin Franklin	Wake Forest
(S26)	Shannon Rowbury	Duke
(O3)	Laurel Burdick	Boston College
(O10)	Jenny Barton	Clemson
(O17)	Annie Bersagel	Wake Forest