



# Florida State University

Cross Country 2004 Seminoles Cross Country 2004 Seminoles Cross Country 2004 Cross Country 2004

## NCAA National Championships - Nov. 22, 2004 - Terre Haute, IN

### Quick Notes

**Notes:** *The No. 18 Seminoles head to the 2004 NCAA National Championships meet, looking to improve on last year's 29th place finish and aiming to beat the top programs in the nation.*

### 2004 FSU Cross Country Roster

#### Men's

Name	Yr.	Hometown
Sean Burris	Jr.	Rockledge, FL
JP Cook	R-Fr.	Stuart, FL
Kevin Cook	Jr.	Fern Park, FL
Justin Cross	R-Fr.	St. Augustine, FL
Ian Hornabrook	Sr.	Queensland, Australia
Tom Lancashire	So.	Bolton, England
Andrew Lemoncello	Jr.	St. Andrews, England
Chris Nickinson	R-Fr.	Pensacola, FL
Eddy Rodriguez	Sr.	Miami, FL
A.J. Wilson	R-So.	Pensacola, FL

#### Women's

Name	Yr.	Hometown
Laura Bowerman	Fr.	Temple Terrace, FL
Anne Clinton	Sr.	Richmond, VA
Jenny Gomez	Jr.	Miami, FL
Kirsten Hagen	Fr.	Blacksburg, VA
Audrey Hand	Fr.	Virginia Beach, VA
Natalie Hughes	Sr.	Grand Junction, CO
Cristen Litz	Fr.	Sarasota, FL
Kara Newell	R-So.	Tallahassee, FL
Meredith Urban	So.	Davie, FL

### Track and Field Coaching Staff

<b>Head Coach:</b>	Bob Braman (Florida '80)
<b>Assistant Coaches:</b>	Jackie Richards (New Mexico '98)
<b>Graduate Assistant:</b>	Keith Batten (USF '94) Althea Belgrave (Idaho '97)
<b>Administrative Assistant:</b>	Vicky Gill (FSU '04) Peter Ormsby (Elon '98)



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## FSU Looks to Finish Season in Top Ten at Nationals

**Tallahassee, Fla.** – The No. 18 Florida State men's cross country team travels to Terre Haute, Ind., for the 2004 NCAA Cross Country National Championships, taking place at LaVern Gibson Championship Cross Country Course at the Wabash Valley Family Sports Center. The men's start time is scheduled for 12:15 p.m. EST.

### Background at Nationals

The men's and women's teams competed in the 2003 NCAA National Championships at the University of Northern Iowa. The temperature around start time was minus three degrees. The men finished 29<sup>th</sup> ahead of conference foe Virginia. Joep Tigchelaar was disqualified from the race for running out of bounds but Luke Beevor stepped up for the Noles to place 100<sup>th</sup> overall and first for Florida State with a 10K course time that was two seconds off his personal-best and regional meet mark of 21:04.8.

### Recap from Regionals

The 18<sup>th</sup>-ranked men's cross country team won its first NCAA South Region Team Championship in FSU-school history on November 13 at the Harry Pritchard Golf Course in Tuscaloosa, Ala. Junior Andrew Lemoncello (5<sup>th</sup> place), Eddy Rodriguez (8<sup>th</sup>), Tom Lancashire (12<sup>th</sup>) and Ian Hornabrook (13<sup>th</sup>) were named to the NCAA All-South Region team for their top finishes. This marks the second consecutive season that Florida State had at least four members named to the regional team. Junior Sean Burris, a 2003 honoree with USF, rounded out the top five scorers for FSU. Rodriguez and Hornabrook were repeat recipients of the team honor. Head coach Bob Braman earned regional coaching honors for his team's school-best performance including four of the top five individuals recording personal best times. .

### Irish Eyes Are Smiling

The Notre Dame Invitational was the best meet on paper for the Seminoles with four runners posting top-ten all-time 8K records. Lemoncello's 23:48 mark earned him fourth place at the prestigious meet and was good enough for second in the top-ten, all-time 8K record books. Lemoncello almost

### 2004 Cross Country Schedule

Meet	Date	Location	Place(M)/Pts.	Place (W)/
Mountaineer Open	9.3	Boone, N.C.	1/21	1/19
Florida Intercollegiates	9.11	Tallahassee, FL	1/30	1/15
Across the State Relay	9.18	Daytona Beach, FL		
Frunners.com Invite*	9.24	Tampa, FL	NA	3/75
Notre Dame Invite	10.1	South Bend, IN	6/143	9/311
Disney Invite*	10.9	Orlando, FL	N/A	13/350
NCAA Pre-Nationals	10.16	Terre Haute, IN	5/203	13/424
ACC Championships	10.30	College Park, MD	2/48	6/168
NCAA South Regional	11.13	Tuscaloosa, AL	1/59	4/176
NCAA Nationals	11.22	Terre Haute, IN		

\*B-Team meet



# Florida State University

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## MONDO National Poll (Men - Final)

1. Wisconsin
2. Arkansas
3. Stanford
4. Colorado
5. Notre Dame
6. Georgetown
7. Arizona State
8. BYU
9. Cal Poly SLO
10. Butler
11. Providence
12. N.C. State
13. Michigan
14. Air Force
15. Minnesota
16. Iona
17. Indiana
- 18. Florida State**
19. New Mexico
20. Texas
21. American
22. Oklahoma State
23. Ohio State
24. Colorado State
25. Villanova

## FinishLynx National Poll (Women - Final)

1. Stanford
2. Providence
3. Colorado
4. Michigan
5. Duke
6. Notre Dame
7. Arizona State
8. N.C. State
9. Missouri
10. North Carolina
11. BYU
12. Southern Methodist
13. Michigan State
14. Tennessee
15. West Virginia
16. Columbia
17. UC Santa Barbara
18. Villanova
19. Arkansas
20. Georgia
21. Illinois
22. Princeton
23. Wake Forest
24. Indiana
25. Idaho

## Championship Season notes...

bested Larry Greene's 23:47 time, a mark set almost 24 years ago. Lancashire, Rodriguez and Burris also ran top-ten 8K best times earning spots of fifth, sixth and seventh with their marks. Seven of the top ten men's 8K times have been set during the Bob Braman era.

### Atlantic Coast Conference Meet

The No. 11 FSU men were edged by a single point in the team placing, taking second place for the second time in conference championships history to perennial champion N.C. State. The men's team posted the lowest point total (48) in their 13 seasons of ACC competition and it was the closest finish in league history. FSU set a school record with the most All-ACC cross country selections (4). Lemoncello, who won three ACC Performer of the Week honors, is the first Seminole to win the individual league championship.

### All-time All-ACC

In the last two seasons, FSU has added four names to the All-ACC list that previously listed one in the history of Florida State cross country.

**Additional Notes:** The men's cross country team won the 2004 Golden Torch Award for the FSU men's athletics team with the highest GPA...The race will be broadcast on FSN on January 10, 2004 between 3:00 p.m. - 5:00 p.m....Seven of the top times for the men's 8K have been run under fifth year head coach Bob Braman...

### All-ACC Honors

- Joep Tigchelaar (2001-03)
- Ian Hornabrook (2003-04)*
- Andrew Lemoncello (2004)*
- Tom Lancashire (2004)*
- Eddy Rodriguez (2004)*

### NCAA South Region Honorees

- Dave Guerra (2000-01)
- Joep Tigchelaar (2001-03)
- Kim Berghdal (2001)
- Martin van den Heuvel (2001-02)
- Nathan Adams (2002)
- Kevin Cook (2003)*
- Luke Beevor (2003)*
- Ian Hornabrook (2003-04)*
- Eddy Rodriguez (2003-04)*

### NCAA South Region Honorees (cont.)

- Andrew Lemoncello (2004)*
- Tom Lancashire (2004)*

### All-American list

- Ken Misner (1969, 1970)
- Bobby Brooks (1971)
- Herb Wills (1981)

Italicized - Active runners

## 2003 NCAA Championships Results

### Men's Team (10K) - 29 of 31

Place	Name	Time
100	Luke Beevor	31:04.8
130	Eddy Rodriguez	31:24.6
151	Ian Hornabrook	31:36.4
161	Tom Lancashire	31:43.7
191	Kevin Cook	32:24.3
200	Jim Van Veen	32:54.2

## 2003 NCAA Championships Results

### Men's Team Results

1. Stanford	24 points
2. Wisconsin	174 points
3. Northern Arizona	190 points
4. Iona	191 points
5. Arkansas	215 points
6. Colorado	261 points
7. Georgetown	283 points
8. Air Force Academy	330 points
9. Michigan	335 points
10. N.C. State	346 points
<b>29. Florida State</b>	<b>733 points</b>

# Florida State Men

## Mountaineer Open September 3, 2004 1st place - 21 points

Booone, N.C.

Name	Time	Place
Luke Beevor	25:14.30	1
Sean Burris	25:14.30	2
Eddy Rodriguez	25:14.50	3
Tom Lancashire	25:28.20	5
Kevin Cook	25:45.10	10
Justin Cross	25:51.30	11
Chris Nickinson	26:01.70	17

## Atlantic Conference Championships October 30, 2004 2nd place - 48 points

College Park, MD

Name	Time	Place
Andrew Lemoncello	24:29.6	1
Ian Hornabrook	24:56.9	7
Tom Lancashire	25:01.0	11
Eddy Rodriguez	25:01.3	12
Kevin Cook	25:24.2	17
James Cook	26:01	27
Sean Burris	26:01.40	29
Mike Walsh	26:17.0	37

## Florida Intercollegiate Championships

### September 11, 2004 1st place - 30 points

Tallahassee, FL

Name	Time	Place
Andrew Lemoncello	25:35.20	1
J.P. Cook	25:57.31	2
Matt Kalinski	26:12.50	3
Justin Cross	26:25.66	4
Javier Cruz	27:38.96	6
Nate Davis	27:47.02	8
Steve Dibari	28:09.28	9

## NCAA South Regional Championships

### November 13, 2004

Tuscaloosa, AL

### 1st place - 59 points

Name	Time	Place
Andrew Lemoncello	29:47.69	5
Eddie Rodriguez	30:05.38	8
Tom Lancashire	30:11.99	12
Ian Hornabrook	30:14.04	13
Sean Burris	30:55.01	27
Mike Walsh	32:04.62	56

## Notre Dame Invitational

### October 1, 2004

Notre Dame, IN

### 6th place - 143 points

Name	Time	Place
Andrew Lemoncello	23:48	4
Tom Lancashire	24:16	25
Eddy Rodriguez	24:17	26
Sean Burris	24:19	29
Ian Hornabrook	24:46	61
Kevin Cook	25:04	85
Justin Cross	25:40	130

## NCAA Pre-Nationals

### October 16, 2004

Terre Haute, IN

### 5th place - 203 points

Name	Time	Place
Andrew Lemoncello	24:03.09	6
Sean Burris	24:44.5	38
Eddy Rodriguez	24:45.9	40
Tom Lancashire	24:50.6	46
Ian Hornabrook	25:06.6	73
Kevin Cook	25:20	104
Mike Walsh	25:49.6	149

# Florida State Men

## Luke Beevor

<b>Race</b>	<b>Time</b>	<b>Place</b>
Mountaineer Open (8K)	25:14.10	1*

## Sean Burris

<b>Race</b>	<b>Time</b>	<b>Place</b>
Mountaineer Open (8K)	25:14.30	2
Notre Dame Invite (8K)	24:19	29
NCAA Pre-Nationals (8K)	24:44.5	38
ACC Championships (8K)	26:03.6	29
NCAA South Regional(10K)	30:55.01	27

## J.P. Cook

<b>Race</b>	<b>Time</b>	<b>Place</b>
Mountaineer Open (8K)	26:42.40	26
Florida Intercollegiates (5K)	25:57.31	2
ACC Championships (8K)	26:01.0	27

## Kevin Cook

<b>Race</b>	<b>Time</b>	<b>Place</b>
Mountaineer Open (8K)	25:45.10	10
Notre Dame Invite (8K)	25:04	85
NCAA Pre-Nationals (8K)	25:20	104
ACC Championships (8K)	25:24.2	17

## Justin Cross

<b>Race</b>	<b>Time</b>	<b>Place</b>
Mountaineer Open (8K)	25:51.30	11
Florida Intercollegiates (5K)	26:25.66	4
Notre Dame Invite	24:40	130

## Javier Cruz

<b>Race</b>	<b>Time</b>	<b>Place</b>
Florida Intercollegiates (5K)	27:38.96	6

## Nate Davis

<b>Race</b>	<b>Time</b>	<b>Place</b>
Florida Intercollegiates (5K)	27:47.02	8

## Steve Dibari

<b>Race</b>	<b>Time</b>	<b>Place</b>
Florida Intercollegiates (5K)	28:09.28	9

## Ian Hornabrook

<b>Race</b>	<b>Time</b>	<b>Place</b>
Notre Dame Invite (8K)	24:46	61
NCAA Pre-Nationals (8K)	25:06.6	73
ACC Championships(8K)	24:56.9	7
NCAA South Regional(10K)	30:14.04	13

## Matt Kalinski

<b>Race</b>	<b>Time</b>	<b>Place</b>
Florida Intercollegiates (5K)	26:12.50	3
Notre Dame Invite (8K)	26:03	155

## Tom Lancashire

<b>Race</b>	<b>Time</b>	<b>Place</b>
Mountaineer Open (8K)	25:28.20	5
Notre Dame Invite (8K)	24:16	25
NCAA Pre-Nationals (8K)	24:50.6	46
ACC Championships(8K)	25:01.0	11
NCAA South Regional(10K)	30:11.99	12

## Andrew Lemoncello

<b>Race</b>	<b>Time</b>	<b>Place</b>
Florida Intercollegiates (5K)	25:35.20	1*
Notre Dame Invite (8K)	23:48	4
NCAA Pre-Nationals (8K)	24:03.9	6
ACC Championships (8k)	24:29.6	1*
NCAA South Regional(10K)	29:47.69	5

## Chris Nickinson

<b>Race</b>	<b>Time</b>	<b>Place</b>
Mountaineer Open (8K)	26:01.70	17

## Eddy Rodriguez

<b>Race</b>	<b>Time</b>	<b>Place</b>
Mountaineer Open (8K)	25:14.50	3
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NCAA South Regional(10K)	29:47.69	8

## Mike Walsh

<b>Race</b>	<b>Time</b>	<b>Place</b>
NCAA Pre-Nationals	25:49.6	149
ACC Championships (8k)	26:17.0	37
NCAA South Regional(10K)	32:04.62	56

## A.J. Wilson

<b>Race</b>	<b>Time</b>	<b>Place</b>
Mountaineer Open (8K)	26:55.60	

\* - Denotes meet win.