

Southern Conference Cross Country Record Book





Men's Team & Individual Champions

Year	Site	Team Champion,	Score	Individual Champion	Time
1926	Athens, Ga.	North Carolina	33	Galen Elliot, North Carolina	
1927	Chapel Hill, N.C.	North Carolina	17	Galen Elliot, North Carolina	26:26.0
1928	Atlanta, Ga.	North Carolina	30	Bob Young, Georgia	24:30.8
1929	Chapel Hill, N.C.	North Carolina	56	Bob Young, Georgia	26:58.2
1930	Chapel Hill, N.C.	VMI	40	Ham Smith & H.A. Wise, VMI	28:03.4
1931	Chapel Hill, N.C.	North Carolina	25	Clarence Jensen, North Carolina	27:10.2
1932	Chapel Hill, N.C.	Duke	23	Jerry Bray & Bob Bird, Duke	27:21.6
1933	Chapel Hill, N.C.	Duke	23	Dunaj, Washington & Lee	15:27.8
1934	Chapel Hill, N.C.	North Carolina	31	Ed McRae, North Carolina	26:41.6
1935	Chapel Hill, N.C.	Duke	26	Bill Morse, Duke	26:25.9
1936	Chapel Hill, N.C.	North Carolina	32	Bill Morse, Duke	25:34.0
1937	Chapel Hill, N.C.	North Carolina	27	Bill Hendrix, North Carolina	25:35.4
1938	Chapel Hill, N.C.	North Carolina	28	Bill Hendrix, North Carolina	25:25.7
1939	Chapel Hill, N.C.	North Carolina	18	Fred Hardy, North Carolina	26:29.8
1940	College Park, Md.	North Carolina	33	Tommy Fields, Maryland	26:08.6
1941	College Park, Md.	North Carolina	45	Wendell Lockwood, Duke	21:06.2
1942-45	NO MEET				
1946	Chapel Hill, N.C.	North Carolina	33	Jimmy Miller, North Carolina	20:00.3
1947	College Park, Md.	Maryland	24	Bob Palmer, Maryland	21:22.0
1948	College Park, Md.	Maryland	27	Bob Palmer, Maryland	19:40.0
1949	College Park, Md.	Maryland	32	Bob Palmer, Maryland	21:34.6
1950	Raleigh, N.C.	Maryland	40	Clyde Garrison, North Carolina St.	20:43.4
1951	Durham, N.C.	N.C. State	39	Clyde Garrison, North Carolina St.	19:51.0
1952	Richmond, Va.	N.C. State	49	Buzz Sawyer, North Carolina State	20:44.2
1953	Morgantown, W.V.	West Virginia	22	Russell Thoburn, West Virginia	22:25.0
1954	Williamsburg, W.V.	VMI	27	Ben Angle, VMI	23:00.2
1955	Davidson, N.C.	William & Mary	40	Dave Pitkethly, VMI	25:25
1956	Lexington, Va.	William & Mary	34	Dave Pitkethly, VMI	21:59.8
1957	Morgantown, W.V.	William & Mary	33	Bob DeTombe, William & Mary	21:58
1958	Greenville, S.C.	VMI	47	Bob DeTombe, William & Mary	21:52.2
1959	Richmond, Va.	VMI	39	Louis Castagnola, Virginia Tech	20:35
1960	Williamsburg, Va.	VMI	44	Louis Castagnola, Virginia Tech	21:06
1961	Lexington, Va.	Furman	37	Coppley Vickers, Furman	21:33.1
1962	Charleston, S.C.	West Virginia	40	Dennis Patterson, Furman	20:05
1963	Blacksburg, Va.	William & Mary	41	Jim Johnson, William & Mary	21:48.8
1964	Davidson, N.C.	William & Mary	46	Jim Johnson, William & Mary	21:03
1965	Davidson, N.C.	Furman	30	Jim Johnson, William & Mary	21:37.5
1966	Greenville, S.C.	William, & Mary	21	Terry Donnelly, William & Mary	20:07.3
1967	Richmond, Va.	William & Mary	30	Terry Donnelly, William & Mary	25:55
1968	Greenville, N.C.	William & Mary	29	George Davis, William & Mary	25:52.2
1969	Williamsburg, Va.	William & Mary	21	Howell Michael, William & Mary	25:36.6
1970	Lexington, Va.	William & Mary	23	Ron Martin, William & Mary	24:52.9
1971	Charleston, S.C.	William & Mary	19	Ron Martin, William & Mary	25:26.5
1972	Davidson, N.C.	William & Mary	15	Bill Louv, William & Mary	30:19
1973	Greenville, S.C.	William & Mary	15	Ron Martin, William & Mary	29:38
1974	Williamsburg, Va.	William & Mary	15	Reggie Clark, William & Mary	31:04
1975	Greenville, N.C.	William & Mary	17	Chris Tulou & Mac Collins, W&M	28:58
1976	Blowing Rock, N.C.	Furman	39	Mike Ellington, William & Mary	31:01
1977	Lexington, Va.	Marshall	37	Rex Wiggins, VMI	31:23
1978	Charleston, S.C.	East Tennessee State	20	Adrian Leek, East Tennessee	29:17
1979	Davidson, N.C.	East Tennessee State	16	Louis Kenny, East Tennessee	30:31
1980	Greenville, S.C.	East Tennessee State	15	Adrian Leek, East Tennessee	30:08
1981	Huntington, W.V.	East Tennessee State	15	Dennis Stark, East Tennessee	29:35
1982	Cullowhee, N.C.	East Tennessee State	15	Dennis Stark, East Tennessee	29:43
1983	Boone, N.C.	East Tennessee State	19	Dennis Stark, East Tennessee	24:25
1984	Lexington, Va.	East Tennessee State	47	Brian Dunne, East Tennessee	24:17
1985	Charleston, S.C.	East Tennessee State	31	Brian Dunne, East Tennessee	23:59
1986	Chattanooga, Tenn.	Marshall	24	David Tabor, Marshall	24:57
1987	Davidson, N.C.	Appalachian State	51	Shamus Hynes, East Tennessee	24:46
1988	Greenville, S.C.	East Tennessee State	28	Thomas O'Gara, East Tennessee	30:04
1989	Huntington, W.V.	ASU & ETSU	53	James Hynes, East Tennessee	24:36
1990	Cullowhee, N.C.	East Tennessee State	20	Seamus Power, East Tennessee	25:36
1991	Boone, N.C.	East Tennessee State	17	Seamus Power, East Tennessee	24:23
1992	Lexington, Va.	East Tennessee State	23	Seamus Power, East Tennessee	24:39
1993	Charleston, S.C.	Appalachian State	29	Seamus Power, East Tennessee	25:19
1994	Chattanooga, Tenn.	Appalachian State	23	Tommy Holland, ASU	24:37
1995	Greenville, S.C.	East Tennessee State	40	Derek Murphy, East Tennessee	25:30
1996	Cullowhee, N.C.	East Tennessee State	54	Nic Crider, Chattanooga	25:48
1997	Statesboro, Ga.	Appalachian State	46	Nic Crider, Chattanooga	25:18
1998	Davidson, N.C.	Chattanooga	24	Nic Crider, Chattanooga	25:24
1999	Lexington, Va.	Chattanooga	41	Brent Ferrell, Davidson	25:36
2000	Boone, N.C.	Appalachian State	43	Ryan Kendall, Chattanooga	25:13
2001	Charleston, S.C.	Appalachian State	39	Ryan Kendall, Chattanooga	25:13
2002	Charleston, S.C.	Appalachian State	63	Gediminas Banevicius, UTC	24:50
2003	Davidson, N.C.	Chattanooga	52	Steven Kocsis, Chattanooga	25:17
2004	Greenville, S.C.	Chattanooga	34	Steven Kocsis, Chattanooga	25:35
2005	Statesboro, Ga.	Appalachian State	46	Ian Mayne, Chattanooga	24:37.25
2006	Chattanooga, Tenn.	Appalachian State	51	Phil Mitchell, Appalachian State	25:17.19
2007	Cullowhee, N.C.	Appalachian State	27	Brian Deal, Appalachian State	25:07.78
2008	Spartanburg, S.C.	Appalachian State	40	Emmanuel Kirwa, Chattanooga	24:35.18
2009	Elon, N.C.	Appalachian State	44	Emmanuel Kirwa, Chattanooga	25:00.38
2010	Boone, N.C.	Appalachian State	55	Emmanuel Kirwa, Chattanooga	24:29.40
2011	Charleston, S.C.	UNCG	26	Paul Chelimo, UNCG	23:11.56

Men's Southern Conference Honors

Coach-of-the-Year

1974 Bill Keesling, Furman
 1975 John Randolph, William & Mary
 1976 Bill Keesling, Furman
 1977 Rod O'Donnell, Marshall
 1978 Dave Walker, East Tennessee State
 1979 Dave Walker, East Tennessee State
 1980 Dave Walker, East Tennessee State
 1981 Dave Walker, East Tennessee State
 1982 Dave Walker, East Tennessee State
 1983 Dave Walker, East Tennessee State
 1984 Dave Walker, East Tennessee State
 1985 Dave Walker, East Tennessee State
 1986 Dennis Brachna, Marshall
 1987 Bob Pollock, Appalachian State
 1988 Dave Walker, East Tennessee State
 1989 Al Fereshetian, Appalachian State
 1990 Dave Walker, East Tennessee State
 1991 Gene Mullin, Furman
 1992 Dave Walker, East Tennessee State
 1993 Al Fereshetian, Appalachian State
 1994 Al Fereshetian, Appalachian State
 1995 Dave Walker, East Tennessee State
 1996 Dave Walker, East Tennessee State
 1997 Mike Curcio, Appalachian State
 1998 Bill Gautier, Chattanooga
 1999 Gene Mullin, Furman
 2000 Mike Curcio, Appalachian State
 2001 Mike Curcio, Appalachian State
 2002 Mike Curcio, Appalachian State
 2003 Bill Gautier, Chattanooga
 2004 Bill Gautier, Chattanooga
 2005 Mike Curcio, Appalachian State
 2006 Gene Mullin, Furman
 2007 Mike Curcio, Appalachian State
 2008 Mike Curcio, Appalachian State
 2009 Mike Curcio, Appalachian State
 2010 Mike Curcio, Appalachian State
 2011 Linh Nguyen, UNCG

Runner-of-the-Year

1992 Seamus Power, East Tennessee State
 1993 Seamus Power, East Tennessee State
 1994 Tommy Holland, Appalachian State
 1995 Derek Murphy, East Tennessee State
 1996 Nic Crider, Chattanooga
 1997 Nic Crider, Chattanooga
 1998 Nic Crider, Chattanooga
 1999 Brent Ferrell, Davidson
 2000 Ryan Kendall, Chattanooga
 2001 Jesse Norman, Western Carolina
 2002 Gediminas Banevicius, Chattanooga
 2003 Steven Kocsis, Chattanooga
 2004 Steven Kocsis, Chattanooga
 2005 Ian Mayne, Chattanooga
 2006 Phil Mitchell, Appalachian State
 2007 Brian Deal, Appalachian State
 2008 Emmanuel Kirwa, Chattanooga
 2009 Emmanuel Kirwa, Chattanooga
 2010 Emmanuel Kirwa, Chattanooga
 2011 Paul Chelimo, UNCG

Freshman-of-the-Year

1992 Tom Holland, Appalachian State
 1993 Turner Norris, Western Carolina
 1994 Seth Peoples, Appalachian State
 1995 Derek Murphy, East Tennessee
 1996 Anthony Famiglietti, Appalachian State
 1997 Ben Bessette, Appalachian State
 1998 Andy Coker, Chattanooga
 1999 Ryan Kendall, Chattanooga
 2000 Joe Halin, Appalachian State
 2001 Bradley Yewer, East Tennessee State
 2002 James Grufferty, East Tennessee State
 2003 Brandon Helms, Appalachian State
 2004 Asmeron Desta, Appalachian State
 2005 Lance Harden, Davidson
 2006 Josh Houser, Appalachian State
 2007 Chris Berry, Chattanooga
 2008 Joshue Vasquez, Appalachian State
 2009 Trey Parker, Wofford
 2010 Lucas Cotter, Chattanooga
 2011 Paul Katam, UNCG

Runner-of-the-Week

2000
 Aug. 13 Thomas Gorski, VMI
 Sept. 7 Ben Bissette, Appalachian State
 Sept. 27 Joe Smith, VMI
 Oct. 2 Ben Bissette, Appalachian State
 Oct. 11 Andre Cawood, The Citadel

2001
 Sept. 7 Joe Halin, Appalachian State
 Sept. 12 Caleb Bailey, Western Carolina
 Sept. 25 Joe Halin, Appalachian State
 Oct. 3 Caleb Bailey, Western Carolina
 Oct. 10 Robert Killian, The Citadel
 Oct. 17 Rocky Bilotta, UNC Greensboro

2002
 Sept. 11 Ben Watkins, Western Carolina
 Sept. 18 Kevin Crosby, Furman
 Sept. 25 Brad Becken, Davidson
 Oct. 2 Kevin Crosby, Furman
 Oct. 9 Gediminas Banevicius, Chattanooga
 Oct. 16 Brad Becken, Davidson
 Oct. 23 Caleb Bailey, Western Carolina

2003
 Sept. 10 Caleb Bailey, Western Carolina
 Sept. 17 CR Thomas, UNC Greensboro
 Sept. 24 Carson Blackewelder, Appalachian State
 Oct. 1 Tyler Johnson, Furman
 Oct. 8 Joe Halin, Appalachian State
 Oct. 15 Steven Kocsis, Chattanooga
 Oct. 22 Ben Watkins, Western Carolina

2004
 Sept. 9 Joe Halin, Appalachian State
 Sept. 15 Adam Puett, Western Carolina
 Sept. 22 Adam Puett, Western Carolina
 Sept. 29 Joe Halin, Appalachian State
 Oct. 6 Steven Kocsis, Chattanooga
 Oct. 13 Tyler Johnson, Furman
 Oct. 20 Tyler Johnson, Furman

2005
 Sept. 7 Dan Fassinger, Western Carolina
 Sept. 14 Ian Mayne, Chattanooga
 Sept. 21 John Tumbleston, Elon
 Sept. 28 Ian Mayne, Chattanooga
 Oct. 5 Adam Van Nortwick, Appalachian State
 Oct. 12 Ian Mayne, Chattanooga
 Oct. 19 Dan Fassinger, Western Carolina

2006
 Sept. 6 Phil Mitchell, Appalachian State
 Sept. 13 Michael Mentz, Chattanooga
 Sept. 20 Xavier Rutz, UNC Greensboro
 Sept. 27 Adam Lindsey, Elon
 Oct. 4 Phil Mitchell, Appalachian State
 Oct. 11 Matt Holmes, Citadel
 Oct. 18 Eric Albretch, Furman

2007
 Sept. 5 Mark Maddox, Appalachian State
 Sept. 11 David Moore, Chattanooga
 Sept. 19 Mark Maddox, Appalachian State
 Sept. 25 Todd Wilde, Appalachian State
 Oct. 3 Michael Mentz, Chattanooga
 Oct. 10 Rick Myers, Elon
 Oct. 16 Phil Mitchell, Appalachian State

2008
 Sept. 3 Stephen Hammond, Western Carolina
 Sept. 9 Patrick Morgan, Furman
 Sept. 17 Patrick Morgan, Furman
 Sept. 24 Phil Mitchell, Appalachian State
 Oct. 1 Michael Warner, Furman
 Oct. 8 Cameron Bean, Samford
 Oct. 15 Emmanuel Kirwa, Chattanooga
 Oct. 22 Phil Mitchell, Appalachian State

2009

Sept. 7 Lance Harden, Davidson
 Sept. 14 Charlie McGoogan, Furman
 Sept. 23 Joey Thompson, UNC Greensboro
 Sept. 30 Charlie McGoogan, Furman
 Oct. 7 Phil Mitchell, Appalachian State
 Oct. 14 Charlie McGoogan, Furman
 Oct. 21 Lance Harden, Davidson

2010

Sept. 6 Ryan Hopkins, Davidson
 Sept. 13 Emmanuel Kirwa, Chattanooga
 Sept. 22 Ryan Hopkins, Davidson
 Sept. 29 Layton Dorsett, Samford
 Oct. 6 Emmanuel Kirwa, Chattanooga
 Oct. 13 Layton Dorsett, Samford
 Oct. 20 Joey Thompson, UNCG

2011

Sept. 9 Alex Taylor, Appalachian State
 Sept. 13 Luis Vargas, Elon
 Sept. 21 Paul Chelimo, UNCG
 Sept. 28 Ross Ochs, College of Charleston
 Oct. 5 Paul Chelimo, UNCG
 Oct. 12 Lee Gilmer, Furman
 Oct. 19 Ryan Hopkins, Davidson



Men's Southern Conference Honors

Runner-of-the-Month

2003

September
Caleb Bailey, Western Carolina
October
Steven Kocsis, Chattanooga

2004

September
Joe Halin, Appalachian State
October
Tyler Johnson, Furman

2005

September
Ian Mayne, Chattanooga
October
Ian Maybe, Chattanooga

2006

September
Phill Mitchell, Appalachian State

2007

September
Michael Mentz, Chattanooga

2008

September
Patrick Morgan, Furman
October
Emmanuel Kirwa, Chattanooga

2009

September
Lance Harden, Davidson
October
Lance Harden, Davidson

2010

September
Ryan Hopkins, Davidson
October
Joey Thompson, UNCG

2011

September
Paul Chelimo, UNCG
October
Ryan Hopkins, Davidson

Men's Championship Meet Results

1928	North Carolina	30	1942-45	NO MEET	1960	VMI	44	1971	William & Mary	19		
	Virginia Tech	79	1946	North Carolina	33		Virginia Tech	68		East Carolina	65	
	Auburn	82		Maryland	34		Furman	82		Furman	72	
	Georgia	82		Duke	90		West Virginia	92		The Citadel	84	
	Georgia Tech	89		North Carolina State	93		Davidson	114		VMI	175	
	Clemson	133	1947	Maryland	24		William & Mary	120		Davidson	181	
1929	North Carolina	56		Virginia Tech	73		The Citadel	179	1972	William & Mary	15	
	Virginia Tech	72		Duke	87	1961	Furman	37		Furman	65	
	Florida	102		North Carolina State	103		VMI	57		The Citadel	108	
	Georgia Tech			VMI	135		Virginia Tech	64		East Carolina	111	
	Georgia			Davidson	144		West Virginia	89		VMI	133	
	North Carolina State			North Carolian	181		William & Mary	116		Davidson	152	
	Duke			William & Mary	200		Davidson	179		Appalachian State	183	
	Tennessee			South Carolina	226		The Citadel	210		Richmond	185	
	Washington & Lee		1948	Maryland	27	1962	West Virginia	40	1973	William & Mary	15	
	Clemson			Virginia Tech	73		Furman	47		Appalachian State	78	
1930	VMI	40		North Carolina	118		Virginia Tech	71		Furman	82	
	Virginia Tech	56		William & Mary	135		VMI	79		East Carolina	90	
	Florida	84		North Carolina State	140		Davidson	109		Richmond	135	
	North Carolina	105		Duke	160		William & Mary	190		The Citadel	162	
	Georgia			Davidson	166		The Citadel	193		VMI	189	
	Washington & Lee			VMI	170		Richmond	255		Davidson	196	
	Tennessee			Richmond	180	1963	William & Mary	41	1974	William & Mary	15	
	Duke			Maryland	32		West Virginia	48		Furman	70	
	Georgia Tech			North Carolina State	80		VMI	69		Appalachian State	96	
1931	North Carolina	25		North Carolina	85		Davidson	99		Richmond	97	
	Virginia Tech	77		Davidson	92		Furman	119		East Carolina	124	
	Tennessee	100		William & Mary	116		Virginia Tech	169		Davidson	152	
	Florida	110		Duke	143		Richmond	173		VMI	200	
	Duke	120		Virginia Tech	163		The Citadel	217		The Citadel	238	
	Georgia Tech	121		Wake Forest	190	1964	William & Mary	46	1975	William & Mary	17	
	Maryland	128		Maryland	40		West Virginia	55		Furman	59	
	Georgia	176		West Virginia	60		VMI	69		Appalachian State	80	
1932	Duke	23		North Carolina State	70		Davidson	76		Richmond	114	
	North Carolina	45		North Carolina	90		Furman	128		VMI	166	
	VMI	63		Duke	142		Richmond	178		Davidson	179	
	Tennessee	125		Davidson	144		Virginia Tech	191		East Carolina	180	
	Washington & Lee			William & Mary	164		The Citadel	197		The Citadel	193	
	Mississippi			Virginia Tech	178	1965	Furman	30	1976	Furman	39	
1933	Duke	23		Richmond	240		William & Mary	35		William & Mary	64	
	North Carolina	48		North Carolina State	39		West Virginia	68		Marshall	90	
	VMI	77		Maryland	45		VMI	108		VMI	97	
	North Carolina State	110		North Carolina	94		The Citadel	158		Appalachian State	112	
	Washington & Lee	124		Duke	115		East Carolina	165		Western Carolina	124	
1934	North Carolina	31		VMI	138		Davidson	188		East Carolina	167	
	Duke	52		West Virginia	151		Richmond	196		The Citadel	241	
	North Carolina State	58		Davidson	152	1966	William & Mary	21		Davidson	280	
	Washington & Lee	96		William & Mary	259		East Carolina	78	1977	Marshall	37	
1935	Duke	26		North Carolina State	49		VMI	93		VMI	55	
	North Carolina	42		Maryland	65		West Virginia	94		Furman	60	
	Washington & Lee	89		West Virginia	69		Furman	147		Appalachian State	122	
	North Carolina State	91		VMI	106		The Citadel	147		Western Carolina	148	
1936	North Carolina	32		Duke	160		Richmond	166		Davidson	161	
	Washington & Lee	56		North Carolina	164		Davidson	180		The Citadel	169	
	Duke	91		Richmond	165	1967	William & Mary	30		Chattanooga	214	
	Richmond	104		Davidson	190		East Carolina	44		1978	East Tennessee	20
	North Carolina State	123		Washington & Lee	219		West Virginia	112		Marshall	37	
	Davidson	135		William & Mary	40		Furman	115		Furman	87	
	Furman			VMI	41		VMI	119		Appalachian State	136	
1937	North Carolina	27		Davidson	75		Richmond	131		VMI	158	
	Washington & Lee	92		William & Mary	34		Davidson	162		Davidson	173	
	Davidson	97		VMI	60	1968	William & Mary	29		The Citadel	177	
	Maryland	100		Virginia Tech	86		East Carolina	34		Western Carolina	223	
	William & Mary	100		Davidson	116		Furman	88		Chattanooga	240	
	Duke	122		West Virginia	140		Richmond	118		1979	East Tennessee	16
	North Carolina State	183		Richmond	155		VMI	126		Marshall	68	
1938	North Carolina	28		Washington & Lee	156		Davidson	157		VMI	75	
	Maryland	58		William & Mary	33		William & Mary	21		Furman	116	
	Davidson	83		VMI	49	1969	Furman	60		Western Carolina	143	
	Duke	102		Richmond	86		VMI	81		Appalachian State	155	
1939	North Carolina	10		West Virginia	98		East Carolina	83		The Citadel	171	
	Maryland	64		Davidson	127		The Citadel	137		Davidson	209	
	Duke	68		Washington & Lee	164		Richmond	172		Chattanooga	277	
	Richmond	100		VMI	47	1970	Davidson	174	1980	East Tennessee	15	
	William & Mary	141		West Virginia	63		William & Mary	23		VMI	68	
1940	North Carolina	33		William & Mary	68		East Carolina	62		Marshall	93	
	Maryland	41		Furman	80		Furman	78		Appalachian State	106	
	VMI	63		Davidson	101		The Citadel	98		Furman	116	
	Duke	95		VMI	39		VMI	129		Davidson	171	
	William & Mary	147		West Virginia	71		Richmond	147		The Citadel	173	
1941	North Carolina	45		William & Mary	79		Davidson	209		Western Carolina	199	
	Duke	55		Davidson	96					Chattanooga	285	
	Maryland	70		Furman	101							
	VMI	82		The Citadel	117							
	William & Mary	164										



Men's Championship Meet Results

1981	East Tennessee	15	1990	East Tennessee	20	1998	Chattanooga	24	2005	Appalachian State	34
	Appalachian State	64		Appalachian State	52		East Tennessee State	45		Chattanooga	67
	VMI	79		Marshall	94		Appalachian State	99		Furman	84
	Marshall	107		VMI	115		Western Carolina	108		Davidson	106
	Furman	112		Western Carolina	138		Davidson	126		UNC Greensboro	151
	Davidson	190		Furman	139		Furman	127		Western Carolina	154
	Western Carolina	199		Chattanooga	152		College of Charleston	190		Elon	164
	The Citadel	223		The Citadel	167		The Citadel	230		College of Charleston	175
	Chattanooga	237	1991	East Tennessee	17		VMI	256		The Citadel	234
1982	East Tennessee	15		Appalachian State	71		Georgia Southern	298		Wofford	313
	Appalachian State	63		Marshall	80		UNC Greensboro	304	2006	Appalachian State	51
	Furman	96		Furman	106		Wofford	364		Furman	70
	Marshall	116		Chattanooga	124	1999	Chattanooga	41		UNC Greensboro	94
	VMI	148		Western Carolina	135		Appalachian State	94		Davidson	104
	The Citadel	173		VMI	140		Furman	100		Chattanooga	121
	Western Carolina	178		The Citadel	204		East Tennessee State	117		The Citadel	164
	Davidson	202	1992	East Tennessee	23		VMI	156		Elon	174
	Chattanooga	234		Appalachian State	43		UNC Greensboro	157		College of Charleston	175
1983	East Tennessee	19		Marshall	95		Davidson	162		Western Carolina	207
	Appalachian State	48		Furman	123		College of Charleston	169		Wofford	289
	Marshall	103		The Citadel	154		Western Carolina	195	2007	Appalachian State	27
	VMI	134		Western Carolina	154		The Citadel	199		Chattanooga	56
	The Citadel	145		Davidson	187		Wofford	303		Furman	86
	Furman	158		Georgia Southern	189	2000	Appalachian State	43		Davidson	143
	Western Carolina	162		Chattanooga	197		Chattanooga	91		UNC Greensboro	146
	Davidson	184		VMI	229		Furman	115		Elon	152
	Chattanooga	218	1993	Appalachian State	29		The Citadel	121		Western Carolina	158
1984	East Tennessee	47		Western Carolina	74		VMI	138		The Citadel	220
	Marshall	56		Furman	104		UNC Greensboro	161		College of Charleston	221
	Appalachian State	87		East Tennessee	127		Davidson	161		Wofford	282
	VMI	114		Chattanooga	141		Western Carolina	163	2008	Appalachian State	40
	Chattanooga	148		The Citadel	149		East Tennessee State	169		Chattanooga	57
	Western Carolina	157		Marshall	153		College of Charleston	278		Furman	70
	Furman	199		VMI	169		Wofford	311		Samford	124
	The Citadel	203		Georgia Southern	198	2001	Appalachian State	39		UNC Greensboro	126
	Davidson	219		Davidson	262		Chattanooga	72		Elon	132
1985	East Tennessee	31	1994	Appalachian State	23		Western Carolina	93		Western Carolina	197
	Marshall	58		East Tennessee	61		Davidson	134		Davidson	198
	Appalachian State	97		Western Carolina	97		UNC Greensboro	137		College of Charleston	275
	The Citadel	110		Marshall	116		East Tennessee State	144		The Citadel	286
	VMI	136		Chattanooga	156		Furman	147		Wofford	342
	Furman	138		Furman	156		The Citadel	198	2009	Appalachian State	44
	Chattanooga	138		VMI	167		College of Charleston	221		Davidson	82
	Davidson	197		The Citadel	201		VMI	242		UNC Greensboro	83
	Western Carolina	234		Davidson	230	2002	Appalachian State	63		Chattanooga	109
1986	Marshall	24		Georgia Southern	250		Chattanooga	68		Elon	134
	Appalachian State	73	1995	East Tennessee	40		Western Carolina	74		Furman	146
	East Tennessee	79		Appalachian State	52		East Tennessee State	83		Western Carolina	158
	Chattanooga	97		Western Carolina	68		Furman	99		College of Charleston	203
	VMI	124		Chattanooga	81		Davidson	140		The Citadel	218
	Furman	139		Marshall	127		The Citadel	203		Samford	261
	Davidson	201		VMI	136		VMI	214		Wofford	276
	The Citadel	212		Georgia Southern	196		UNC Greensboro	225	2010	Appalachian State	55
	Western Carolina	256		The Citadel	205		College of Charleston	291		UNCG	66
1987	Appalachian State	51		Davidson	212		Wofford	332		Chattanooga	74
	East Tennessee	73		Furman	216	2003	Chattanooga	52		Davidson	100
	Chattanooga	93		East Tennessee	54		Appalachian State	59		Furman	118
	VMI	103		Appalachian State	57		East Tennessee State	98		Elon	153
	Marshall	105		Western Carolina	72		Furman	103		Western Carolina	180
	Furman	121		Chattanooga	81		Western Carolina	119		College of Charleston	197
	The Citadel	146		Marshall	134		Davidson	141		Samford	236
	Davidson	198		VMI	148		UNC Greensboro	147		The Citadel	278
	Western Carolina	232		Furman	166		The Citadel	215		Wofford	292
1988	East Tennessee	28		The Citadel	236		College of Charleston	223	2011	UNCG	26
	Appalachian State	61		Georgia Southern	247		Elon	253		Davidson	73
	Marshall	86		Davidson	262		Wofford	337		Furman	82
	VMI	110	1997	Appalachian State	46		Chattanooga	34		Appalachian State	91
	Furman	113		Chattanooga	50		Appalachian State	56		Chattanooga	103
	Chattanooga	140		East Tennessee State	70		Furman	72		Western Carolina	166
	The Citadel	174		Western Carolina	71		UNC Greensboro	114		Elon	166
	Western Carolina	194		VMI	151		Western Carolina	121		College of Charleston	205
1989	Appalachian State	53		The Citadel	152		Davidson	166		The Citadel	260
	East Tennessee	53		Furman	162		East Tennessee State	186		Wofford	279
	Marshall	64		Davidson	211		Elon	190		Samford	288
	VMI	110		Georgia Southern	249		The Citadel	231			
	Western Carolina	138		UNC Greensboro	266		College of Charleston	249			
	Chattanooga	149		Wofford	336		Wofford	358			
	Furman	161									
	The Citadel	166									

Men's Team & Individual Records

Team Champions (multiple winners)

Team	Titles	Years
William & Mary	15	1955-57, 63-64, 66-75
East Tennessee State	15	1978-85, 88-92, 95-96
Appalachian State*	14	1987, 89, 93-94, 97, 00-02, 05-10
North Carolina	13	1926-29, 31, 34, 36-41, 46
VMI	5	1930, 54, 58-60
Maryland	4	1947-50
Chattanooga*	4	1998-99, 03-04
Duke	3	1932-33, 35
Furman*	3	1961, 65, 76
Marshall	2	1977, 86
West Virginia	2	1953, 62
North Carolina State	2	1951-52

*active SoCon members

Individual Champions (multiple winners)

Name	School	Titles	Years
Seamus Power	East Tennessee State	4	1990-93
Emmanuel Kirwa	Chattanooga	3	2008-10
Nic Crider	Chattanooga	3	1996-98
Dennis Stark	East Tennessee State	3	1981-83
Ron Martin	William & Mary	3	1970-71, 73
Jim Johnson	William & Mary	3	1963-65
Bob Palmer	Maryland	3	1947-49
Steven Kocsis	Chattanooga	2	2003-04
Ryan Kendall	Chattanooga	2	2000-01
Brian Dunne	East Tennessee State	2	1984-85
Adrian Leek	East Tennessee State	2	1978,80

Terry Donnelly	William & Mary	2	1966-67
Louis Castagnola	Virginia Tech	2	1959-60
Bob DeTombé	William & Mary	2	1957-58
Dave Pitkethly	VMI	2	1955-56
Clyde Garrison	North Carolina State	2	1950-51
Bill Hendrix	North Carolina	2	1937-38
Bill Morse	Duke	2	1935-36
Bob Young	Georgia	2	1928-29
Galen Elliot	North Carolina	2	1926-27

Coach-of-the-Year Awards (multiple winners)^

Name	School	Titles	Years
Dave Walker	East Tennessee State	13	1978-85, 88, 90, 92, 95-96
Mike Curcio	Appalachian State*	9	1997, 00-02, 05, 07-10
Bill Gautier	Chattanooga*	3	1998, 03-04
Gene Mullin	Furman*	3	1991, 99, 06
Al Fereshetian	Appalachian State	3	1989, 93-94
Bill Keesling	Furman	2	1974, 76

*active coaches

^began in 1974

Runner-of-the-Year Awards (multiple winners)^

Name	School	Titles	Years
Nic Crider	Chattanooga	3	1996-98
Emmanuel Kirwa	Chattanooga	3	2008-10
Steven Kocsis	Chattanooga	2	2003-04
Seamus Power	East Tennessee State	2	1992-93

^began in 1992

Four-Time All-Conference

Name	School	Years
Russell Thoburn	West Virginia	1950, 52-54
Bob DeTombé	William & Mary	1955-58
Larry Williams	VMI	1957-60
John Dotson	Marshall	1977-80
Mike Mansy	East Tennessee State	1979-82
Kevin Johnson	East Tennessee State	1980-83
Conrad Conneely	East Tennessee State	1982-85
Brian Dunne	East Tennessee State	1982-85
Thomas O'Gara	East Tennessee State	1985-86, 88-89
Pete Vandenberg	Appalachian State	1986-89
Seamus Power	East Tennessee State	1990-93
Billy Pemberton	Appalachian State	1990-93
Declan Fahy	East Tennessee State	1994-97
Ben Bisette	Appalachian State	1997-00
Phil Mitchell	Appalachian State	2006-09

Three-Time All-Conference

Clyde Garrison	North Carolina State	1950-52
Angus McBride	Davidson	1956-58
Gene Simpson	Virginia Tech	1960-62
Sterling Martin	Davidson	1960-62
Dennis Patterson	Furman	1961-63
Don Sweeney	West Virginia	1962-64
Jim Johnson	William & Mary	1963-65
Terry Donnelly	William & Mary	1965-67
George Davis	William & Mary	1966-68
Chop Jordan	William & Mary	1966-68
Don Jayroe	East Carolina	1966-68
Fred Guest	Richmond	1967-68, 70
Ron Martin	William & Mary	1970-71, 73
Steve Snyder	William & Mary	1970-72
Tim Cook	William & Mary	1971, 73-74
Bill Louv	William & Mary	1971-73
John Greenplate	William & Mary	1972-74
Reggie Clark	William & Mary	1972-74
Adrian Leek	East Tennessee State	1978-80
John Dotson	Marshall	1978-80
Dennis Stark	East Tennessee State	1981-83
Gerald Duffy	East Tennessee State	1982-84
David Tabor	Marshall	1984-86
Greg Hoofnagle	VMI	1985-87
Duane Miller	Marshall	1988-90
Dennis Barry	East Tennessee State	1990-92
Mark Gladwell	Marshall	1991-92, 94
Tom Holland	Appalachian State	1992, 94-95
Seth Peoples	Appalachian State	1994-95, 97
John Fenton	East Tennessee State	1994-96
Kyle McLean	Chattanooga	1995, 98-99
Nic Crider	Chattanooga	1996-98
Joe Smith	VMI	1997, 99-00
Curtis Gadula	Chattanooga	1998-00
Ryan Kendall	Chattanooga	1999-01
Bradley Yewer	East Tennessee State	2001-03
Steven Kocsis	Chattanooga	2001, 03-04
Gediminas Banevicius	Chattanooga	2002-04
Adam Pruet	Western Carolina	2002, 04-05
Tyler Johnson	Furman	2003-05
Ian Mayne	Chattanooga	2003-05
Eric Albrecht	Furman	2004-06

Patrick Morgan	Furman	2006-08
Ryan O'Keefe	Appalachian State	2006-08*
Lance Harden	Davidson	2006, 08*-09
Alec Meyer	Appalachian State	2007, 08*-09
Chris Berry	Chattanooga	2007-08, 10
Emmanuel Kirwa	Chattanooga	2008-10
Charlie McGoogan	Furman	2008*, 09*-10*
Ryan Hopkins	Davidson	2009*, 2010-11
Joey Thompson	UNCG	2009-11

*All-SoCon Second Team

Two-Time All-Conference

Bill Creamer	Maryland	1950-51
Jack Tibbets	Maryland	1951-52
Joe Shockley	North Carolina State	1951-52
Buzz Sawyer	North Carolina State	1951-52
Pete Ashcraft	Davidson	1954-55
Charles Catlett	Virginia Tech	1955-56
Dave Youngblade	William & Mary	1955-56
Harry Rayle	VMI	1956-57
Bob Bassett	William & Mary	1957, 59
John McDougal	VMI	1958-59
Lou Castagnola	Virginia Tech	1959-60
Raynor Baldwin	West Virginia	1959-60
Thad Talley	Furman	1960-61
Charles Carlton	VMI	1960-61
Charles Rea	West Virginia	1961-62
Coppley Vickers	Furman	1961-62
Bob Lawson	William & Mary	1961,63
Roger Meador	West Virginia	1961-62
Dave Tyler	Furman	1961-62
Frank Louthan	VMI	1963-64
Howard Jackson	West Virginia	1964-65
Charles Jerrigan	Furman	1964-65
Steve Chvavlevich	West Virginia	1965-66
Carl Hatfield	West Virginia	1966-67
Juris Luzins	William & Mary	1966, 68
Ken Voss	East Carolina	1967-68
Lee Fidler	Furman	1969-70
Randy Fields	William & Mary	1969-70
Jay Gasell	William & Mary	1970-71
Brendan Gallagher	William & Mary	1972-73
Gene Schultz	William & Mary	1972, 74
Ed Riggsby	East Carolina	1972-73
Chris Tulon	William & Mary	1974-75
Steve Nobles	William & Mary	1974-75
Chris Borch	Furman	1975-76
Mike Ellington	William & Mary	1975-76
Phil Barker	Furman	1976-77
Rex Wiggins	VMI	1976-77
Brian Jonard	Marshall	1977-78
Mike Dixon	East Tennessee State	1978-79
Ronnie Carroll	East Tennessee State	1978-79
Zane Branson	East Tennessee State	1978, 80
John Dotson	Marshall	1979-80
Ben Turpin	East Tennessee State	1979, 81
Carey Nelson	East Tennessee State	1981-82
Jack Ditt	VMI	1981, 83
Bill Cason	Furman	1981-82
Bobby Wilhoit	Appalachian State	1981, 83
Robert Baker	Western Carolina	1983-84
Phil Roberts	Western Carolina	1984-85



Men's Team & Individual Records

Two-Time All-Conference (Continued)

Mark Shea	Appalachian State	1984-85
David Ball	Marshall	1984, 87
Adam Jabelski	Furman	1985, 87
Charlie Ward	Marshall	1986, 88
Shamus Hynes	East Tennessee State	1987, 88
Shawn Leatherwood	Western Carolina	1987, 89
Scott Faulds	East Tennessee State	1988, 90
Dave Maxfield	Furman	1988-89
Brad Dodson	Appalachian State	1989-90
Todd Walters	Appalachian State	1989, 92
Kevin Gill	East Tennessee State	1990-91
Mark Newman	Chattanooga	1990-91
Rick Patterson	East Tennessee State	1991-92
Patrick Davoren	East Tennessee State	1991-92
Chris Huffstickler	Appalachian State	1993, 95
John Crumbliss	Appalachian State	1993-94
Donnie Reuss	Western Carolina	1993-94
Brian Miesch	Appalachian State	1993-94
Tommy Holland	Appalachian State	1994-95
Bill Baldwin	Western Carolina	1996-97
Anthony Famiglietti	Appalachian State	1996-97
Brian Clark	Western Carolina	1996-97
Rodney Stoker	Chattanooga	1997-98
Zach Whitmarsh	East Tennessee State	1998-99
Shawn Evans	Appalachian State	2000-01
Caleb Bailey	Western Carolina	2001, 03
Joe Halin	Appalachian State	2001, 03
Michael Reed	Appalachian State	2001-02
Ryan Toler	Appalachian State	2001-02
Kevin Crosby	Furman	2002-03
Bradley Yewer	East Tennessee State	2002-03
Colin Sullivan	Chattanooga	2003-04
Carson Blackwelder	Appalachian State	2003-04
Mark Maddox	Appalachian State	2004, 07
Nathan Hernandez-Adams	Appalachian State	2005-06
Brian Deal	Appalachian State	2005, 07
Asmeron Desta	Appalachian State	2007-08
Joey Thompson	UNCG	2009-10
Josey Weaver	Western Carolina	2009*-10
Demetrios Pagonis	Davidson	2009*-10*
Sean Soderman	Appalachian State	2009-10*
Chris Berry	Chattanooga	2010-11
*All-SoCon Second Team		

Note: In 2008 the SoCon coaches approved a motion to add a second team All-Conference. The All-Conference teams are made up of the top 14 finishers at the conference meet, with seven on each team.

Men's All-Conference Teams

1950

Clyde Garrison, N.C. State
Bill Creamer, Maryland
Kehoe, Maryland
Hamrich, North Carolina
Russell Thoburn, West Virginia
Beasley, West Virginia
Harris, Maryland
Shirley, West Virginia

1951

Clyde Garrison, N.C. State
Bill Creamer, Maryland
Jack Tibbets, Maryland
T. Stockton, Davidson
Al Buehler, Maryland
Barden, North Carolina
Joe Shockley, N.C. State
Buzz Sawyer, N.C. State

1952

Buzz Sawyer, N.C. State
Clyde Garrison, N.C. State
Jack Tibbets, Maryland
Russell Thoburn, West Virginia
Thiede, Richmond
Good, Maryland
Joe Shockley, N.C. State
Horsely, Maryland

1953

Russell Thoburn, West Virginia
Sparks, Davidson
Cascio, West Virginia
Diehel, West Virginia
Tonkin, VMI
Hashinger, West Virginia
Diggs, Washington & Lee
Shores, West Virginia

1954

Ben Angle, VMI
Pete Ashcraft, Davidson
Jean, VMI
Bourke, VMI
Barry, Washington & Lee
Russell Thoburn, West Virginia
Jackson, VMI
Kaimakides, West Virginia

1955

Dave Pitkethly, VMI
Bob DeTombe, William & Mary
Pete Ashcraft, Davidson
Charles Catlett, Virginia Tech
Curry, William & Mary
Jackson, VMI
Dave Youngblade, Will. & Mary
Burke Armstrong, Wash. & Lee

1956

Dave Pitkethly, VMI
Bob DeTombe, William & Mary
Angus McBride, Davidson
Dave Youngblade, Will. & Mary
Harry Rayle, VMI
Charles Catlett, Virginia Tech
Gilbert McNair, William & Mary
Wingfield, Virginia Tech

1957

Bob DeTombe, William & Mary
Bob Bowman, Virginia Tech
Larry Williams, VMI
Angus McBride, Davidson
Harry Rayle, VMI
Warren Chukinas, Richmond
David Campana, Will. & Mary
Bob Bassett, William & Mary

1958

Bob DeTombe, William & Mary
John Brown, Furman
Angus McBride, Davidson
Charlie Phillips, Furman
Larry Williams, VMI
John McDougall, VMI
Sid Vinall, West Virginia
Joel Murphy, West Virginia

1959

Lou Castagnola, Virginia Tech
Tom Spellsburg, West Virginia
W.F. Eckhart, Davidson
Larry Williams, VMI
John McDougall, VMI
Raynor Baldwin, West Virginia
Bob Huddle, VMI
Bob Bassett, William & Mary

1960

Lou Castagnola, Virginia Tech
Thad Talley, Furman
Gene Simpson, Virginia Tech
Charles Carlton, VMI
Raynor Baldwin, West Virginia
Larry Williams, VMI
Charles Rea, West Virginia
Sterling Martin, Davidson

1961

Coppley Vickers, Furman
Dennis Patterson, Furman
Thad Talley, Furman
Gene Simpson, Virginia Tech
Bob Lawson, William & Mary
Roger Meador, West Virginia
Charles Carlton, VMI
Dave Tyler, Furman
Sterling Martin, Davidson

1962

Dennis Patterson, Furman
Coppley Vickers, Furman
Dave Tyler, Furman
Roger Meador, West Virginia
Don Sweeney, West Virginia
Gene Simpson, Virginia Tech
Charles Rea, West Virginia
Sterling Martin, Davidson

1963

Jim Johnson, William & Mary
Bob Lawson, William & Mary
Jack Frazer, VMI
Joe Kubic, West Virginia
Dennis Patterson, Furman
Don Sweeney, West Virginia
Frank Louthan, VMI
Richard Mull, West Virginia

1964

Jim Johnson, William & Mary
Don Sweeney, West Virginia
Howard Jackson, West Virginia
Aver Sayer, Furman
Joe Philpott, William & Mary
Charles Jerrigan, Furman
Frank Louthan, VMI
Nat Ward, VMI

1965

Jim Johnson, William & Mary
Curt Hollifield, Furman
Terry Donnelly, William & Mary
Skip Poole, Furman
Charles Jerrigan, Furman
Ned Hopkins, William & Mary
Howard Jackson, West Virginia
Steve Chvavevich, West Virginia

1966

Terry Donnelly, William & Mary
Carl Hatfield, West Virginia
George Davis, William & Mary
Chop Jordan, William & Mary
Don Jayroe, East Carolina
Richard Widell, William & Mary
Juris Luzins, William & Mary
Steve Chvavevich, West Virginia

1967

Terry Donnelly, William & Mary
George Davis, William & Mary
Don Jayroe, East Carolina
Chop Jordan, William & Mary
Ken Voss, East Carolina
Carl Hatfield, West Virginia
Randy Martin, East Carolina
Fred Guest, Richmond

1968

George Davis, William & Mary
Don Jayroe, East Carolina
Fred Guest, Richmond
Chop Jordan, William & Mary
Neal Ross, East Carolina
Ken Voss, East Carolina
Howell Michael, William & Mary
Juris Luzins, William & Mary

1969

Michael Howell, William & Mary
Lee Fidler, Furman
Randy Fields, William & Mary
Neal Ross, East Carolina
Ted Wood, William & Mary
Wayne McBride, William & Mary
Doug Nelson, Furman
Steve Hively, VMI

1970

Lee Fidler, Furman
Randy Fields, William & Mary
Jay Gasell, William & Mary
Fred Guest, Richmond
Ed Hereford, East Carolina
Ron Martin, William & Mary
Howell Michael, William & Mary
Steve Snyder, William & Mary

1971

Jim Boyd, The Citadel
Tim Cook, William & Mary
Jay Gasell, William & Mary
Dave Koss, Furman
Bill Louv, William & Mary
Ron Martin, William & Mary
Bill Moddy, Furman
Steve Snyder, William & Mary

1972

Bill Louv, William & Mary
Mac Collins, William & Mary
John Greenplate, Will. & Mary
Reggie Clark, William & Mary
Steve Snyder, William & Mary
Brendan Gallagher, Will. & Mary
Gene Schultz, William & Mary
Ed Rigsby, East Carolina

1973

Ron Martin, William & Mary
Tim Cook, William & Mary
Bill Louv, William & Mary
John Greenplate, Will. & Mary
Reggie Clark, William & Mary
Mac Collins, William & Mary
Brendan Gallagher, Will. & Mary
Ed Rigsby, East Carolina

1974

Reggie Clark, William & Mary
John Greenplate, Will. & Mary
Tim Cook, William & Mary
George Baquis, William & Mary
Chris Tulon, William & Mary
Steve Nobles, William & Mary
Gene Schultz, William & Mary
Jon Lott, William & Mary

1975

Chris Tulon, William & Mary
Mac Collins, William & Mary
Steve Nobles, William & Mary
Chris Borch, Furman
Mike Ellington, William & Mary
Jon Michael, William & Mary
Kevin Ellis, William & Mary
Mike Gilleran, William & Mary

1976

Mike Ellington, William & Mary
Kevin Cropp, William & Mary
Chris Borch, Furman
Jim Shields, William & Mary
Phil Barker, Furman
Rex Wiggins, VMI
Dave Branch, Furman
Rich Watts, Marshall

1977

Rex Wiggins, VMI
John Dotson, Marshall
Brian Jonard, Marshall
Dennis Kasprzyk, WCU
Phil Barker, Furman
Pinkney Coty, Davidson
Damon Clark, Marshall
Joe Jenkins, VMI

1978

Adrian Leek, ETSU
Mike Dixon, ETSU
Ronnie Carroll, ETSU
Brian Jonard, Marshall
John Dotson, Marshall
Mark Scruton, ETSU
David Kine, Marshall
Zane Branson, ETSU

1979

Louis Kenny, ETSU
Adrian Leek, ETSU
Ronnie Carroll, ETSU
Mike Dixon, ETSU
Kim Nutter, Marshall
Mike Mansy, ETSU
John Dotson, Marshall
Ben Turpin, ETSU

1980

Adrian Leek, ETSU
Arthur Stark, ETSU
Kevin Johnson, ETSU
Mike Mansy, ETSU
Zane Branson, ETSU
David Henry, Marshall
John Dotson, Marshall
Ed Daniel, VMI

1981

Dennis Stark, ETSU
Mike Mansy, ETSU
Ben Turpin, ETSU
Carey Nelson, ETSU
Kevin Johnson, ETSU
Jack Ditt, VMI
Bill Cason, Furman
Bobby Wilhoit, ASU

1982

Dennis Stark, ETSU
Carey Nelson, ETSU
Mike Mansy, ETSU
Conrad Conneely, ETSU
Gerald Duffy, ETSU
Brian Dunne, ETSU
Kevin Johnson, ETSU
Bill Cason, Furman

1983

Dennis Stark, ETSU
Jack Ditt, VMI
Gerald Duffy, ETSU
Conrad Conneely, ETSU
Kevin Johnson, ETSU
Brian Dunne, ETSU
Paul Goeway, ASU
Bobby Wilhoit, ASU
Carlton Law, Appalachian State
Robert Baker, Western Carolina

1984

Brian Dunne, ETSU
Robert Baker, Western Carolina
Phil Roberts, Western Carolina
David Tabor, Marshall
Mark Shea, Appalachian State
Gerald Duffy, ETSU
David Ball, Marshall
Conrad Conneely, ETSU
Tim Ensign, Chattanooga
Paul Goeway, ASU

1985

Brian Dunne, ETSU
Phil Roberts, Western Carolina
David Tabor, Marshall
Randy Hale, ETSU
Conrad Conneely, ETSU
Mark Shea, Appalachian State
Adam Jabelski, Furman
Thomas O'Gara, ETSU
Richard Stewart, Marshall
Greg Hoofnagle, VMI

1986

David Tabor, Marshall
Todd Crosson, Marshall
Thomas O'Gara, ETSU
Dan Rechner, Marshall
Pete Vandenberg, ASU
Greg Hoofnagle, VMI
Eric Hopkins, ETSU
David Marks, Marshall
Charlie Ward, Marshall
Tom O'Bryant, Chattanooga

1987

Shamus Hynes, ETSU
Dave Ball, Marshall
Greg Hoofnagle, VMI
Pete Vandenberg, ASU
Craig Warren, ASU
Adam Jagelski, Furman
Scott Vance, Appalachian State
Raymond Jones, ETSU
Ronald Haley, Chattanooga
Shawn Leatherwood, WCU

1988

Tom O'Gara, ETSU
John Erickson, ETSU
Brian Caffrey, Furman
Shamus Hynes, ETSU
Duane Miller, Marshall
Scott Faulds, ETSU
Pete Vandenberg, ASU
Charlie Ward, Marshall
Dave Maxfield, Furman
Charlie Storm, ASU



Men's All-Conference Teams

1989

James Hynes, ETSU
Tom O'Gara, ETSU
Pete Vandenberg, ASU
Brad Dodson, ASU
Duane Miller, Marshall
David Maxfield, Furman
Shawn Leatherwood, WCU
Richard Falcon, VMI
Todd Walters, ASU
Randy Gibbs, Marshall

1990

Seamus Power, ETSU
Scott Faulds, ETSU
Dennis Barry, ETSU
Kevin Gill, ETSU
Brad Dodson, Appalachian St.
Billy Pemberton, ASU
Mark Newman, Chattanooga
Duane Miller, Marshall
Anthony Brinkley, VMI
Michael Saunders, ETSU

1991

Seamus Power, ETSU
Kevin Gill, ETSU
Dennis Barry, ETSU
Billy Pemberton, ASU
Rick Patterson, ETSU
Patrick Davoren, ETSU
Mark Gladwell, Marshall
Dave Ball, Marshall
Mark Newman, Chattanooga
Steve Simandle, ASU

1992

Seamus Power, ETSU
Rick Patterson, ETSU
Dennis Barry, ETSU
Tom Holland, ASU
Patrick Davoren, ETSU
Thomas Cason, Furman
Todd Walters, ASU
Bill Pemberton, ASU
Mark Gladwell, Marshall
Tony Patrick, Marshall

1993

Seamus Power, ETSU
Billy Pemberton, ASU
Chris Huffstickler, ASU
John Crumbliss, ASU
Donnie Reuss, Western Carolina
Brian Miesch, ASU
Cronan Grantley, ETSU
Gary Myers, Furman
Mike King, Georgia Southern
Matt Gray, Western Carolina

1994

Tommy Holland, ASU
Declan Fahy, ETSU
Brian Miesch, ASU
Seth Peoples, ASU
John Crumbliss, ASU
Donnie Reuss, Western Carolina
John Fenton, ETSU
Mark Gladwell, Marshall
Bob Butcher, The Citadel
Alan Whicker, ASU

1995

Derek Murphy, ETSU
Tommy Holland, ASU
John Fenton, ETSU
Seth Peoples, ASU
Kyle McLean, Chattanooga
Declan Fahy, ETSU
Fred Reinhardt, ETSU
Russ Sweitzer, VMI
Chris Huffstickler, ASU
Jack Murphy, Western Carolina

1996

Nic Crider, Chattanooga
Bill Baldwin, Western Carolina
DeClan Fahy, ETSU
Anthony Famiglietti, ASU
John Fenton, ETSU
Stephen Thacker, ASU
Will Dickerson, ASU
Turner Norris, Western Carolina
Brian Clark, Western Carolina
Jud Sarver, Appalachian State

1997

Nic Crider, Chattanooga
DeClan Fahy, ETSU
Anthony Famiglietti, ASU
Joe Smith, VMI
Collin Webster, WCU
Brian Clark, Western Carolina
Ben Bisette, Appalachian State
Seth Peoples, ASU
Rodney Stoker, Chattanooga
Bill Baldwin, Western Carolina

1998

Nic Crider, Chattanooga
Zach Whitmarsh, ETSU
Rodney Stoker, Chattanooga
Derek Murphy, ETSU
Kyle McLean, Chattanooga
Jeremiah Buechner, WCU
Mike Leinweber, Chattanooga
Curtis Gadula, Chattanooga
Shon Grice, Chattanooga
Ben Bisette, Appalachian State

1999

Brent Ferrell, Davidson
Curtis Gadula, Chattanooga
Ben Bisette, Appalachian State
Joe Smith, VMI
Mike Aiken, Coll. of Charleston
Danielle Lenarduzzi, UTC
Zachary Whitmarsh, ETSU
Kyle McLean, Chattanooga
David Jordan, UNC Greensboro
Ryan Kendall, Chattanooga

2000

Ryan Kendall, Chattanooga
Ben Bisette, Appalachian State
Joseph Smith, VMI
Curtis Gadula, Chattanooga
Matt Nolan, UNC Greensboro
Andrew Cawood, The Citadel
Greg Sprowl, ETSU
Franklin Manchester, ASU
Dwight Thomas, Chattanooga
Shawn Evans, ASU

2001

Jesse Norman, WCU
Bradley Yewer, ETSU
Caleb Bailey, Western Carolina
Shawn Evans, ASU
Joe Halin, Appalachian State
Dan Bigson, Davidson
Steven Kocsis, Chattanooga
Michael Reed, ASU
Ryan Toler, Appalachian State
Ryan Kendall, Chattanooga

2002

Gediminas Banevicius, UTC
Kevin Crosby, Furman
Adam Puett, Western Carolina
Bradley Yewer, ETSU
Michael Reed, ASU
David Haefner, ETSU
Ryan Toler, Appalachian State
James Grufferty, ETSU
Grady Powell, Furman
Benn Watkins, Western Carolina

2003

Steven Kocsis, Chattanooga
Bradley Yewer, ETSU
Caleb Bailey, Western Carolina
Kevin Crosby, Furman
Colin Sullivan, Chattanooga
Tyler Johnson, Furman
Gediminas Banevicius, UTC
Carson Blackwelder, ASU
Joe Halin, Appalachian State
Ian Mayne, Chattanooga

2004

Steven Kocsis, Chattanooga
Tyler Johnson, Furman
Colin Sullivan, Chattanooga
Adam Puett, Western Carolina
Ian Mayne, Chattanooga
Gediminas Banevicius, UTC
Carson Blackwelder, Appalachian State
Mark Maddox, Appalachian State
Eric Albrecht, Furman

2005

Ian Mayne, Chattanooga
Adam Van Nortwick, ASU
Tyler Johnson, Furman
Jeff Taylor, Chattanooga
Adam Puett, Western Carolina
Nathan Hernandez-Adams, ASU
Brian Deal, Appalachian State
Eric Albrecht, Furman
Brendon Helms, ASU
Mike Mitchell, Appalachian State

2006

Phil Mitchell, Appalachian State
Patrick Morgan, Furman
Lance Harden, Davidson
Tim Clark, Chattanooga
Josh Wyatt, UNC Greensboro
Dan Fassinger, Western Carolina
Eric Albrecht, Furman
Nicolas Vaccaro, UNC Greensboro
Ryan O'Keefe, Appalachian State
Nathan Hernandez-Adams, ASU

2007

Brian Deal, Appalachian State
Patrick Morgan, Furman
Michael Mentz, Chattanooga
Chris Berry, Chattanooga
Asmeron Desta, Appalachian State
Mark Maddox, Appalachian State
Alec Meyer, Appalachian State
Ryan O'Keefe, Appalachian State
Blair Teal, Appalachian State
Phil Mitchell, Appalachian State

2008

First Team
Emmanuel Kirwa, Chattanooga
Asmeron Desta, Appalachian State
Chris Berry, Chattanooga
Patrick Morgan, Furman
Phil Mitchell, Appalachian State
Cameron Bean, Samford
Alex Plasencia, Furman

Second Team

Charlie McGoogan, Furman
Ryan O'Keefe, Appalachian State
Josh Houser, Appalachian State
Lance Harden, Davidson
Joshue Vasquez, Chattanooga
Jermaine Coore, UNC Greensboro
Alec Meyer, Appalachian State

Freshman Team

Joshue Vasquez, Chattanooga
Jermaine Coore, UNC Greensboro
Sean Soderman, Appalachian State

Zachary Flickinger, Furman
Joey Thompson, UNC Greensboro
Matt Baltimore, Chattanooga
Josey Weaver, Western Carolina

2009

First Team

Emmanuel Kirwa, Chattanooga
Mike Koech, UNC Greensboro
Lance Harden, Davidson
Phil Mitchell, Appalachian State
Joey Thompson, UNC Greensboro
Sean Soderman, Appalachian State
Alec Meyer, Appalachian State

Second Team

Ryan Hopkins, Davidson
Charlie McGoogan, Furman
Josh Houser, Appalachian State
Matthew Richardson, Elon
Josey Weaver, Western Carolina
Stephen Hammond, Western Carolina
Andy Clyne, UNC Greensboro

Freshman Team

Trey Parker, Wofford
Burk Staub, Appalachian State
Nolan Clark, Western Carolina
Brian Graves, Appalachian State
Kyle McLarty, Chattanooga
Demetrios Pagonis, Davidson
Mark Cole, Chattanooga

2010

First Team

Emmanuel Kirwa, Chattanooga
Joey Thompson, UNCG
Ryan Hopkins, Davidson
Chris Berry, Chattanooga
Mike Koech, UNCG
Charles McGoogan, Furman
Josey Weaver, Western Carolina

Second Team

Will Raby, Appalachian State
Brandon Hudgins, Appalachian State
Demetrios Pagonis, Davidson
Alex Taylor, Appalachian State
Sean Soderman, Appalachian State
AJ Savoia, UNCG
Lucas Cotter, Chattanooga

Freshman Team

Lucas Cotter, Chattanooga
Nick Schneider, Elon
Andrew Nelson, College of Charleston
Layton Dorsett, Samford
Grayam Sailor-Tynes, Davidson
Ben Perron, Elon
Kenny Hinman, UNCG

2011

First Team

Paul Chelimo, UNCG
Ryan Hopkins, Davidson
Joey Thompson, UNCG
Paul Katam, UNCG
Chris Berry, Chattanooga
Lucas Cotter, Chattanooga
Abraham Kemboi, UNCG

Second Team

Alex Taylor, Appalachian State
Will Raby, Appalachian State
Luis Vargas, Elon
Mike Koech, UNCG
Tripp Hurt, Furman
Chris Caldwell, Furman
Mark Cole, Chattanooga

Freshman Team

Paul Katam, UNCG
Luis Vargas, Elon
Tripp Hurt, Furman
Sean Magee, Elon

Travis Alfaro, Western Carolina
Whitner Chase, Davidson
Henry Falotico, Davidson

*In 2008 the SoCon coaches approved a motion to add a second team All-Conference and an All-Freshman team. The All-Conference teams are made up of the top 14 finishers at the conference meet, seven on each team. The All-Freshman team is made up of the top seven freshmen finishers.

Women's Southern Conference Honors

Past Champions

Year	Team Champion	Name, School	Time
1985	East Tennessee State	Beth Ruggles, Appalachian State	18:25
1986	Appalachian State	Michelle Crow, Appalachian State	18:05
1987	Appalachian State	Beth Ruggles, Appalachian State	18:21
1988	Appalachian State	Whitney Ball, Appalachian State	18:09
1989	Appalachian State	Whitney Ball, Appalachian State	17:36
1990	Appalachian State	Cate Pichon, Furman	18:47
1991	Appalachian State	Cate Pichon, Furman	17:54
1992	Appalachian State	Carrie Hogg, Appalachian State	19:05
1993	Furman	Heather VandeBrake, Furman	18:13
1994	Furman	Heather VandeBrake, Furman	17:40
1995	Furman	Heather VandeBrake, Furman	18:26
1996	Appalachian State	Lynn Kepper-Hudson, Furman	18:19
1997	Chattanooga	Catherine Berry, ETSU	17:33
1998	Chattanooga	Mary Jayne Harrelson, Appalachian St	18:18
1999	East Tennessee State	Mary Jayne Harrelson, Appalachian St	17:47
2000	Furman	Mary Jayne Harrelson, Appalachian St	17:17
2001	Chattanooga	Gina Recher, Chattanooga	17:54
2002	Appalachian State	Shannon Wommack, UTC	17:42
2003	Davidson	Katie Sujkowski, Appalachian State	18:39
2004	Chattanooga	Shannon Wommack, Chattanooga	17:39
2005	Davidson	Shannon Wommack, Chattanooga	16:53.47
2006	Chattanooga	Lanni Marchant, Chattanooga	17:01.17
2007	Chattanooga	Kathleen Turchin, Chattanooga	17:30.35
2008	Chattanooga	Megan Lordi, Furman	17:22.03
2009	Samford	Brittney Caudle, Appalachian State	17:47.32
2010	Samford	Ashley Schnell, UNCG	17:39.98
2011	UNCG	Ashley Schnell, UNCG	16:33.10

Coach-of-the-Year

Year	Name/School
1985	Tom Roberts, East Tennessee State
1986	John Weaver, Appalachian State
1987	John Roberts, East Tennessee State
1988	John Weaver, Appalachian State
1989	Dave Walker, East Tennessee State
1990	Gene Mullin, Furman
1991	John Weaver, Appalachian State
1992	Bill Gautier, Chattanooga
1993	Gene Mullin, Furman
1994	Gene Mullin, Furman
1995	Gene Mullin, Furman
1996	John Weaver, Appalachian State
1997	Bill Gautier, Chattanooga
1998	Bill Gautier, Chattanooga
1999	Gene Mullin, Furman
	Milan Donley, East Tennessee State
2000	Gene Mullin, Furman
2001	Bill Gautier, Chattanooga
2002	Jennifer Straub, Davidson
2003	Jennifer Straub, Davidson
2004	Bill Gautier, Chattanooga
2005	Jennifer Straub, Davidson
2006	Bill Gautier, Chattanooga
2007	Bill Gautier, Chattanooga
2008	Bill Gautier, Chattanooga
2009	Rod Tiffin, Samford
2010	Rod Tiffin, Samford
2011	Linh Nguyen, UNCG

Runner-of-the-Year

Year	Name/School
1992	Carrie Hogg, Appalachian State
1993	Heather VandeBrake, Furman
1994	Heather VandeBrake, Furman
1995	Heather VandeBrake, Furman
1996	Lynn Kepper-Hudson, Furman
1997	Catherine Berry, East Tennessee State
1998	Mary Jayne Harrelson, Appalachian State
1999	Mary Jayne Harrelson, Appalachian State
2000	Mary Jayne Harrelson, Appalachian State
2001	Gina Recher, Chattanooga
2002	Shannon Wommack, Chattanooga
2003	Katie Sujkowski, Appalachian State
2004	Shannon Wommack, Chattanooga
2005	Shannon Wommack, Chattanooga
2006	Lanni Marchant, Chattanooga
2007	Kathleen Turchin, Chattanooga
2008	Megan Lordi, Furman
2009	Brittney Caudle, Appalachian State
2010	Ashley Schnell, UNCG
2011	Ashley Schnell, UNCG

Freshman-of-the-Year

Year	Name/School
1992	Heather VandeBrake, Furman
1993	Mary Jo Ferrigan, East Tennessee State
1994	Mary Jane Middlekoop, Chattanooga
1995	Suzy Burr, Davidson
1996	Mary Jayne Harrelson, Appalachian State
1997	Catherine Wright, Chattanooga
1998	Natalie Scruggs, Chattanooga
1999	Kim Hemstreet, East Tennessee State
2000	Johanna Allen, Appalachian State
2001	Shannon Wommack, Chattanooga
2002	Jennifer Kelley, Appalachian State
2003	Kathleen Turchin, Chattanooga
2004	Ashley Arnold, College of Charleston
2005	Anna Mae Flynn, Elon
2006	Caitlin Beeler, Elon
2007	Jenna Callahan, Furman
2008	Andrea Seccafien, Samford
2009	Brittney Caudle, Appalachian State
2010	Dean O'Brien, College of Charleston
2011	Sarah Paddon, Davidson

Team and Individual Records

Team Champions (multiple winners)

Team	Titles	Years
Appalachian State*	9	1986-92, 96, 02
Chattanooga*	7	1997-98, 01, 04, 06-08
Furman*	4	1993-95, 02
East Tennessee State	2	1985, 99
Davidson*	2	2003, 05
Samford*	2	2009-10

*active SoCon members

Individual Champions (multiple winners)

Name	School	Titles	Years
Heather VandeBrake	Furman	3	1993-95
Mary Jayne Harrelson	Appalachian State	3	1998-00
Shannon Wommack	Chattanooga	3	2002, 04-05
Cate Pichon	Furman	2	1990-91
Whitney Ball	Appalachian State	2	1988-89
Beth Ruggles	Appalachian State	2	1985, 87
Ashley Schnell	UNCG	2	2010-11

Coach-of-the-Year Awards (multiple winners)^

Name	School	Titles	Years
Bill Gautier*	Chattanooga	8	1992, 97-98, 01, 04, 06-08
Gene Mullin*	Furman	6	1990, 1993-95, 99-00
John Weaver	Appalachian State	4	1986, 88, 91, 96
Jen Straub*	Davidson	3	2002-03, 05
Rod Tiffin*	Samford	2	2009-10

*active

^began in 1985

Runner-of-the-Year Awards (multiple winners)^

Name	School	Titles	Years
Heather VandeBrake	Furman	3	1993-95
Mary Jayne Harrelson	Appalachian State	3	1998-00
Shannon Wommack	Chattanooga	3	2002, 04-05
Ashley Schnell	UNCG	2	2010-11

^began in 1992



Women's Southern Conference Honors

Runner-of-the-Week

2000		2009	
Aug. 13	Jill Braley, Furman	Sept. 9	Brittney Caudle, Appalachian State
Sept. 7	Heather Needham, Appalachian State	Sept. 16	Chloe Kowalski, Furman
		Sept. 23	Brittney Caudle, Appalachian State
Sept. 27	Jill Braley, Furman	Sept. 30	Chloe Kowalski, Furman
Oct. 2	Gina Recher, Chattanooga	Oct. 7	Nicole Klasnic, Wofford
		Oct. 14	Hillary Neal, Samford
		Oct. 21	Hillary Neal, Samford
2001		2010	
Sept. 7	Sarah Primeau, Appalachian State	Sept. 6	Brittney Caudle, Appalachian State
Sept. 12	Roseline Addo, East Tennessee State	Sept. 13	Anneli Uys, Chattanooga
		Sept. 23	Lauren D'Alessio, Samford
Sept. 25	Sarah Primeau, Appalachian State	Sept. 29	Dena O'Brien, College of Charleston
Oct. 3	Erin Howard, Furman	Oct. 6	Ashley Schnell, UNCG
Oct. 10	Sharon Hacker, The Citadel	Oct. 13	Lauren D'Alessio, Samford
Oct. 17	Anna Brew, Davidson	Oct. 20	Ashley Schnell, UNCG
2002		2011	
Sept. 11	Sarah Primeau, Appalachian State	Sept. 8	Erin Barker, Furman
Sept. 18	Shannon mmack, Chattanooga	Sept. 13	Morgan Denecke, Elon
Sept. 25	Sally Stanhope, Davidson	Sept. 21	Ashley Schnell, UNCG
Oct. 2	Bev Roberts, Furman	Sept. 28	Dena O'Brien, College of Charleston
Oct. 9	Sarah Primeau, Appalachian State	Oct. 5	Lauren D'Alessio, Samford
Oct. 16	Anna Brew, Davidson	Oct. 13	Erin Barker, Furman
Oct. 23	Sarah Primeau, Appalachian State	Oct. 19	Ashley Schnell, UNCG
2003			
Sept. 10	Melanie Cooper, Western Carolina		
Sept. 17	Kelly Fillnow, Davidson		
Sept. 24	Noel Smith, Appalachian State		
Oct. 1	Kyle Palmquist, College of Charleston		
Oct. 8	Allie Martin, Davidson		
Oct. 15	Lanni Marchant, Chattanooga		
Oct. 22	Eleanor Wilson, UNC Greensboro		
2004			
Sept. 9	Katie Sujkowski, Appalachian State		
Sept. 15	Kelly Fillnow, Davidson		
Sept. 22	Kyle Palmquist, College of Charleston		
Sept. 29	Ashley Arnold, College of Charleston		
Oct. 6	Shannon mmack, Chattanooga		
Oct. 13	Katie Sujkowski, Appalachian State		
Oct. 20	Ashley Arnold, College of Charleston		
2005			
Sept. 7	Brenna Burns, Davidson		
Sept. 14	Brenna Burns, Davidson		
Sept. 21	Kasey Smith, Appalachian State		
Sept. 28	Shannon mmack, Chattanooga		
Oct. 5	Brenna Burns, Davidson		
Oct. 12	Shannon mmack, Chattanooga		
Oct. 19	Brenna Burns, Davidson		
2006			
Sept. 6	Anna Mae Flynn, Elon		
Sept. 13	Katie Hedley, College of Charleston		
Sept. 20	Lanni Marchant, Chattanooga		
Sept. 27	Anna Mae Flynn, Elon		
Oct. 4	Brittany Johnson, Furman		
Oct. 11	Laura Hewston, The Citadel		
	Lauren Bosshardt, Wofford		
Oct. 18	Jenna Wrieden, Appalachian State		
2007			
Sept. 3	Becky Stewart, College of Charleston		
Sept. 11	Shelly Taylor, Chattanooga		
Sept. 17	Caroline Sanker, Davidson		
Oct. 3	Caroline Sanker, Davidson		
Oct. 8	Jenna Callahan, Furman		
Oct. 15	Jen Povick, Appalachian State		
2008			
Sept. 3	Meg Gaffney, Appalachian State		
Sept. 9	Lauren Tomory, Furman		
Sept. 17	Lauren Tomory, Furman		
Sept. 24	Meg Gaffney, Appalachian State		
Oct. 1	Chloe Kowalski, Furman		
Oct. 8	Caroline Sanker, Davidson		
Oct. 15	Megan Lordi, Furman		
Oct. 22	Meg Gaffney, Appalachian State		

Runner-of-the-Month

2003	
September	
	Kelly Fillnow, Davidson
October	
	Allie Martin, Davidson
2004	
September	
	Kelly Fillnow, Davidson
October	
	Shannon Wommack, Chattanooga
2005	
September	
	Brenna Burns, Davidson
October	
	Brenna Burns, Davidson
2006	
September	
	Lanni Marchant, Chattanooga
2007	
September	
	Caroline Sanker, Davidson
2008	
September	
	Lauren Tomory, Furman
October	
	Meg Gaffney, Appalachian State
2009	
September	
	Brittney Caudle, Appalachian State
October	
	Hillary Neal, Samford
2010	
September	
	Lauren D'Alessio, Samford
October	
	Ashley Schnell, UNCG
2011	
September	
	Erin Barker, Furman
October	
	Ashley Schnell, UNCG

Women's Championship Meet Results

1985	East Tennessee State	40	1997	Chattanooga	40	2004	Chattanooga	29
	Appalachian State	45		East Tennessee State	53		Appalachian State	54
	Marshall	48		Furman	91		Davidson	102
	Chattanooga	106		Appalachian State	102		Furman	106
	Davidson	120		Western Carolina	111		College of Charleston	118
	Western Carolina	176		Davidson	148		East Tennessee State	165
1986	Appalachian State	29		Georgia Southern	178		Elon	215
	East Tennessee State	50		UNC Greensboro	212		UNC Greensboro	226
	Marshall	65		VMI	241		Western Carolina	244
	Chattanooga	87		Wofford	290		Georgia Southern	290
	Davidson	142	1998	Chattanooga	24		The Citadel	295
	Furman	168		Appalachian State	59	2005	Wofford	312
	Western Carolina	209		Western Carolina	65		Davidson	46
1987	Appalachian State	43		Davidson	113		Chattanooga	47
	Marshall	45		Furman	116		Appalachian State	75
	Chattanooga	59		UNC Greensboro	162		Furman	105
	East Tennessee State	90		VMI	195		Elon	130
	Davidson	93		Wofford	269		UNC Greensboro	163
1988	Appalachian State	28		College of Charleston	270		College of Charleston	215
	Marshall	44		Georgia Southern	288		Western Carolina	230
	Chattanooga	58		The Citadel	290		The Citadel	231
	Western Carolina	115		East Tennessee State	DNS		Georgia Southern	257
	East Tennessee State	130	1999	East Tennessee State	41		Wofford	293
1989	Appalachian State	26		Furman	64	2006	Chattanooga	43
	East Tennessee State	55		Appalachian State	78		Appalachian State	44
	Marshall	64		Chattanooga	79		Davidson	53
	Furman	87		Western Carolina	87		Elon	124
	Western Carolina	143		UNC Greensboro	199		College of Charleston	132
1990	Appalachian State	26		College of Charleston	207		Furman	138
	Furman	48		VMI	213		Western Carolina	241
	Chattanooga	90		Davidson	216		The Citadel	247
	Marshall	10		Wofford	324		UNC Greensboro	264
	East Tennessee State	117		The Citadel	324		Georgia Southern	276
	Western Carolina	128		Georgia Southern	332		Wofford	282
1991	Appalachian State	31	2000	Furman	47	2007	Chattanooga	44
	Furman	43		Appalachian State	53		Davidson	53
	Western Carolina	81		Chattanooga	72		Furman	83
	Marshall	87		UNC Greensboro	136		Appalachian State	86
	East Tennessee State	134		Western Carolina	145		Elon	104
1992	Appalachian State	34		College of Charleston	159		Western Carolina	141
	Furman	65		Davidson	167		College of Charleston	171
	Chattanooga	65		East Tennessee State	211		The Citadel	241
	Western Carolina	122		VMI	227		UNC Greensboro	263
	Davidson	139		Georgia Southern	288		Georgia Southern	311
	East Tennessee State	155		The Citadel	291		Wofford	322
	Marshall	166	2001	Wofford	332	2008	Chattanooga	60
	Georgia Southern	189		Chattanooga	28		Samford	62
1993	Furman	43		Appalachian State	74		Furman	77
	Appalachian State	64		Western Carolina	85		Appalachian State	93
	East Tennessee State	83		UNC Greensboro	108		Davidson	127
	Chattanooga	110		Davidson	126		Elon	150
	Western Carolina	116		Furman	130		Western Carolina	158
	Davidson	169		East Tennessee State	166		UNC Greensboro	203
	Marshall	178		College of Charleston	219		College of Charleston	216
	Georgia Southern	191		The Citadel	250		The Citadel	317
1994	Furman	34		Georgia Southern	272		Georgia Southern	317
	Chattanooga	66		VMI	288		Wofford	384
	East Tennessee State	71	2002	Wofford	385	2009	Samford	74
	Appalachian State	75		Appalachian State	43		Elon	75
	Davidson	130		Chattanooga	60		Appalachian State	83
	Western Carolina	172		Davidson	70		Furman	93
	Marshall	181		Furman	87		Davidson	110
	Georgia Southern	246		UNC Greensboro	142		Chattanooga	134
1995	Furman	39		East Tennessee State	182		UNC Greensboro	138
	Appalachian State	74		Georgia Southern	200		Western Carolina	168
	Chattanooga	84		Western Carolina	201		College of Charleston	254
	Western Carolina	86		VMI	222		Wofford	289
	Marshall	119		College of Charleston	269		Georgia Southern	319
	East Tennessee State	123		Wofford	338		The Citadel	357
	Davidson	164	2003	The Citadel	364	2010	Samford	71
	Georgia Southern	227		Davidson	75		Appalachian State	74
1996	Appalachian State	33		Furman	76		UNCG	87
	East Tennessee State	68		Appalachian State	80		Chattanooga	123
	Furman	81		Western Carolina	105		Elon	135
	Chattanooga	88		UNC Greensboro	113		Furman	144
	Marshall	103		Chattanooga	131		College of Charleston	149
	Western Carolina	136		Georgia Southern	197		Davidson	161
	Georgia Southern	184		East Tennessee State	207		Western Carolina	202
	Davidson	227		College of Charleston	214		Wofford	274
				Elon	234		The Citadel	319
				The Citadel	294		Georgia Southern	357
				Wofford	357			



Women's Championship Meet Results

2011	UNCG	35
	Furman	80
	Elon	111
	Appalachian State	117
	College of Charleston	141
	Western Carolina	143
	Samford	145
	Davidson	178
	Wofford	242
	Georgia Southern	244
	Chattanooga	295
	The Citadel	329

Women's Individual Records

Four-Time All-Conference Name			School	Years			
Tina Maynard			Marshall	1986-89	Whitney Ball	Appalachian State	1988-89
Deanna Campbell			Chattanooga	1986-89	Jennifer Bowers	Appalachian State	1988, 90
Mary Jane Middlekoop			Chattanooga	1994-97	Traci McIntyre	Appalachian State	1988-89
Mary Jane Harrelson			Appalachian State	1996, 1998-00	Cate Pichon	Furman	1990-91
Shannon Wommack			Chattanooga	2001-02, 2003-04	Dee Ann Davis	Appalachian State	1990-91
Three-Time All-Conference					Michelle Strager	Marshall	1990, 93
Beth Ruggles			Appalachian State	1985-87	Nicole Disher	Appalachian State	1991-92
Jody Richards			East Tennessee State	1985-86, 89	Rita Roberts	Western Carolina	1992-93
Lynn Taylor			Furman	1988, 1990-91	Monica Robbers	East Tennessee State	1992-93
Christa Gibson			Marshall	1988, 1990-91	Amy Ginette	Furman	1993-94
Heidi Barger			Appalachian State	1988-90	Holley Cooper	Furman	1994-95
Heather Vandebroke			Furman	1993-95	Christina Olson	Appalachian State	1995-96
Michele Marshall			Chattanooga	1993-95	Kristin Savery	Western Carolina	1995-96
Mary Jo Ferrigan			East Tennessee State	1994-96	Michelle Gregg	East Tennessee State	1996-97
Catherine Berry			East Tennessee State	1997-99	Val Urchison	East Tennessee State	1997, 99
Amanda Lynch			Chattanooga	1997-99	Emily Campbell	East Tennessee State	1997, 00
Andrea Davis			Chattanooga	1998-00	Jenny Warford	Western Carolina	1997-98
Gina Recher			Chattanooga	2000-02	Becky Slick	Chattanooga	1998-99
Sarah Primeau			Appalachian State	2000-02	Jill Braley	Furman	1999-00
Ellen Davis			Chattanooga	2001-02, 05	Dana Smith	Furman	1999-00
Katie Sujkowski			Appalachian State	2002-04	Jennifer Kelley	Appalachian State	2002, 04
Kathleen Turchin			Chattanooga	2003-04, 07	Beverly Roberts	Furman	2002-03
Kasey Smith			Appalachian State	2004-06	Whitney Kay Sharp	Furman	2002-03
Brenna Burns			Davidson	2005-07	Heidi Sloop	UNC Greensboro	2002-03
Megal Atias			Davidson	2005-07	Kelly Fillnow	Davidson	2003-04
Meghan Gaffney			Appalachian State	2005-06, 08	Lanni Marchant	Chattanooga	2004-06
Katie Williams			Chattanooga	2006-07, 08*	Chloe Kowalski	Furman	2008*-09
Caroline Sanker			Davidson	2006-07, 08*	Sherrika Jordan	UNC Greensboro	2008-09*
Sabrina LeFort			Chattanooga	2006-07, 08*	Emily Fournier	Elon	2008-09*
Caitlin Beeler			Elon	2006-07, 09	Brittany Johnson	Furman	2008*-09*
Hillary Neal			Samford	2008-10	Anneli Uys	Chattanooga	2009-10
All-SoCon Second Team					Brittney Caudle	Appalachian State	2009-10
Two-Time All-Conference					Ina Ables	Samford	2009-10*
Sabrina Keeton			East Tennessee State	1985-86	Ashley Schnell	UNCG	2010-11
Vanessa Tysor			Appalachian State	1986-87	Lauren D'Alessio	Samford	2010-11
Emily Romines			Chattanooga	1987-88			
Denise Littleton			Marshall	1987, 89			

*All-SoCon Second Team

Note: In 2008 the SoCon coaches approved a motion to add a second team All-Conference. The All-Conference teams are made up of the top 14 finishers at the conference meet, with seven on each team.

Women's All-Conference Teams

1985	1986	1987	1988	1989	1990	1991	1992	1993	1994
Beth Ruggles, Appalachian State Jody Richards, East Tennessee State Sabrina Keeton, East Tennessee State Sue Kepich, Marshall Melissa Knabe, Marshall Shelly Wallace, Marshall Ingrid Mason, Marshall	Michelle Crow, Appalachian State Sabrina Keeton, East Tennessee State Vanessa Tysor, Appalachian State Jody Richards, East Tennessee State Tina Maynard, Marshall Cindy Little, Appalachian State Beth Ruggles, Appalachian State Sue Ellen Gerard, Chattanooga Traci Holub, East Tennessee State Deanna Campbell, Chattanooga	Beth Ruggles, Appalachian State Debbie Dukes, Marshall Vanessa Tysor, Appalachian State Tina Maynard, Marshall Deanna Campbell, Chattanooga Karen Osada, Appalachian State Emily Romines, Chattanooga Missy Willis, Davidson Joy Phelps, East Tennessee State Denise Littleton, Marshall	Whitney Ball, Appalachian State Deanna Campbell, Chattanooga Tina Maynard, Marshall Jennifer Bowers, Appalachian State Emily Romines Chattanooga Lynn Taylor, Furman Traci McIntyre, Appalachian State Christa Gibson, Marshall Gina Gomer, Appalachian State Heidi Barger, Appalachian State	Whitney Ball, Appalachian State Vanessa Kosmala, Appalachian State Sabrina Keeton, East Tennessee State Jody Richards, East Tennessee State Heidi Barger, Appalachian State Tina Maynard, Marshall Deanna Campbell, Chattanooga Traci McIntyre, Appalachian State Denise Littleton, Marshall Christi Cawood, Chattanooga	Cate Pichon, Furman Lynn Taylor, Furman Laura Girouard, Appalachian State Heidi Barger, Appalachian State Dee Anna Davis, Appalachian State Jennifer Bowers, Appalachian State Christa Gibson, Marshall Leigh Cooper, Appalachian State Melanie Babb, Appalachian State Michelle Strager, Marshall	Cate Pichon, Furman Lynn Taylor, Furman Leigh Wallace, Appalachian State Susie Garnder, Western Carolina Dee Anna Davis, Appalachian State Julie Anderson, Appalachian State Lisa Durham, Chattanooga Christa Gibson, Marshall Janet Osada, Appalachian State Nicole Disher, Appalachian State	Carrie Hoog, Appalachian State Julie Cooper, Appalachian State Lucie Mays, Chattanooga Rita Roberts, Western Carolina Nicole Disher, Appalachian State Mariana Valenzuela, Furman Monica Robbers, East Tennessee State Gail Pennachio, Furman Blair McKinney, Chattanooga Dawn Wehrenberg, Appalachian State	Heather Vandebroke, Furman Rita Roberts, Western Carolina Mary Jo Ferrigan, East Tennessee State Gail Pennachio, Furman Heather Gordon, Georgia Southern Monica Robbers, East Tennessee State Amy Ginette, Furman Michele Marshall, Chattanooga Michelle Strager, Marshall Suzanne Black, Appalachian State	Heather VandeBrake, Furman Jennel Walby, East Tennessee State Mary Jane Middlekoop, Chattanooga Dawn Wehrenberg, Appalachian State Lynn Kepper, Furman Holley Cooper, Furman Michele Marshall, Chattanooga Mary Jo Ferrigan, East Tennessee State Amy Ginette, Furman Elizabeth Bishop, Davidson



Women's All-Conference Teams

1995

Heather VandeBrake, Furman
Christina Olson, Appalachian State
Lynn Kepper, Furman
Kristin Savery, Western Carolina
Michele Marshall, Chattanooga
Suzy Burr, Davidson
Mary Jo Ferrigan, East Tennessee State
Mary Jane Middlekoop, Chattanooga
Holley Cooper, Furman
Erica Thieman, Western Carolina

1996

Lynn Kepper-Hudson, Furman
Mary Jo Ferrigan, East Tennessee State
Christina Olson, Appalachian State
Mary Jane Harrelson, Appalachian State
Jenny Chase, Appalachian State
Mary Jane Middelkoop, Chattanooga
Michelle Gregg, East Tennessee State
Rhoda Maron, Furman
Kristin Savery, Western Carolina
Corie Fuchs, Appalachian State

1997

Catherine Berry, East Tennessee State
Lynn Kepper-Hudson, Furman
Val Urchison, East Tennessee State
Mary Jane Middelkoop, Chattanooga
Catherine Wright, Chattanooga
Amanda Lynch, Chattanooga
Michelle Gregg, East Tennessee State
Emily Campbell, East Tennessee State
Avallina Anderson, Georgia Southern
Jenny Warford, Western Carolina

1998

Mary Jane Harrelson, Appalachian State
Amanda Lynch, Chattanooga
Catherine Berry, East Tennessee State
Becky Slick, Chattanooga
Jennifer Croft, Chattanooga
Jenny Warford, Western Carolina
Andrea Davis, Chattanooga
Lory Gray, Furman
Laura Walkup, Appalachian State
Natalie Scruggs, Chattanooga

1999

Mary Jayne Harrelson, Appalachian State
Catherine Berry, East Tennessee State
Amanda Lynch, Chattanooga
Val Urchison, East Tennessee State
Jill Braley, Furman
Andrea Davis, Chattanooga
Kim Hemstreet, East Tennessee State
Heather Needham, Appalachian State
Becky Slick, Chattanooga
Dana Smith, Furman

2000

Mary Jayne Harrelson, Appalachian State
Jill Braley, Furman
Gina Recher, Chattanooga
Sarah Primeau, Appalachian State
Brigid O'Connell, UNC Greensboro
Andrea Davis, Chattanooga
Stephanie Feagin, College of Charleston
Emily Campbell, East Tennessee State
Dana Smith, Furman
Johanna Allen, Appalachian State

2001

Gina Recher, Chattanooga
Shannon Wommack, Chattanooga
Sarah Primeau, Appalachian State
Rosaline Addo, East Tennessee State
Erin Howard, Furman
Blair Collins, Chattanooga
Sally Stanhope, Davidson
Mary Nero, UNC Greensboro
Amy Doolittle, Chattanooga
Ellen Davis, Chattanooga

2002

Shannon Wommack, Chattanooga
Sarah Primeau, Appalachian State
Katie Sujkowski, Appalachian State
Jennifer Kelley, Appalachian State
Gina Recher, Chattanooga
Anna Brew, Davidson
Beverly Roberts, Furman
Ellen Davis, Chattanooga
Whitney Kay Sharp, Furman
Heidi Sloop, UNC Greensboro

2003

Katie Sujkowski, Appalachian State
Kelly Fillnow, Davidson
Heidi Sloop, UNC Greensboro
Beverly Roberts, Furman
Kathleen Turchin, Chattanooga
Lanni Marchant, Chattanooga
Whitney Kay Sharp, Furman
Deanna Kulesz, Western Carolina
Eleanor Wilson, UNC Greensboro
Molly Mungovan, Furman

2004

Shannon Wommack, Chattanooga
Kathleen Turchin, Chattanooga
Lanni Marchant, Chattanooga
Katie Sujkowski, Appalachian State
Ashley Arnold, College of Charleston
Molly Mungovan, Furman
Kelly Fillnow, Davidson
Jennifer Kelley, Appalachian State
Kasey Smith, Appalachian State
Nettie Halcomb, Chattanooga

2005

Shannon Wommack, Chattanooga
Brenna Burns, Davidson
Allie Martin, Davidson
Ellen Davis, Chattanooga
Megal Atias, Davidson
Kasey Smith, Appalachian State
Meghan Gaffney, Appalachian State
Alana Black, Elon
Rebecca Mullen, Furman
Sabrina LeFort, Chattanooga

2006

Lanni Marchant, Chattanooga
Jenna Wrieden, Appalachian State
Brenna Burns, Davidson
Meghan Gaffney, Appalachian State
Kasey Smith, Appalachian State
Sabrina LeFort, Chattanooga
Megal Atias, Davidson
Katie Williams, Chattanooga
Caitlin Beeler, Elon
Caroline Sanker, Davidson

2007

Kathleen Turchin, Chattanooga
Caroline Sanker, Davidson
Jennifer Povick, Appalachian State
Caitlin Beeler, Elon
Brenna Burns, Davidson
Katie Williams, Chattanooga
Megal Atias, Davidson
Jenna Callahan, Furman
Kerrie Savery, Western Carolina
Shelly Taylor, Chattanooga

2008

First Team
Megan Lordi, Furman
Meghan Gaffney, Appalachian State
Hillary Neal, Samford
Sherrika Jordan, UNC Greensboro
Tara Gietema, Chattanooga
Andrea Seccafien, Samford
Emily Fournier, Elon

Second Team

Caroline Sanker, Davidson
Katie Williams, Chattanooga
Chloe Kowalski, Furman
Sabrina LeFort, Chattanooga
Brittany Johnson, Furman
Hannah Parks, Appalachian State
Deanna Zidar, Samford

Freshman Team

Andrea Seccafien, Samford
Chloe Kowalski, Furman
Deanna Zidar, Samford
Melanie Reyer, Elon
Cori Christensen, Samford
Erin Barker, Furman
Meredith White, Chattanooga

2009

First Team

Brittney Caudle, Appalachian State
Chloe Kowalski, Furman
Anneli Uys, Chattanooga
Hillary Neal, Samford
Ina Ables, Samford
Heather Stuiwe, Chattanooga
Caitlin Beeler, Elon

Second Team

Sherrika Jordan, UNC Greensboro
Natalie Atabek, Davidson
Emily Fournier, Elon
Brittany Johnson, Furman
Katie Booker, Appalachian State
Heather Conarroe, Davidson

Freshman Team

Brittney Caudle, Appalachian State
Heather Stuiwe, Chattanooga
Natalie Atabek, Davidson
Morgan Denecke, Elon
Sullivan Parkes, Elon
Trinity Foreman, Appalachian State
Mara Smith, Western Carolina

2010

First Team

Ashley Schnell, UNCG
Lauren D'Alessio, Samford
Hillary Neal, Samford
Shaina Sumney, UNCG
Dena O'Brien, College of Charleston
Amy Neilson, Appalachian State
Anneli Uys, Chattanooga

Second Team

Brittney Caudle, Appalachian State
Ina Ables, Samford
Morgan Turner, Western Carolina
Kristen Wolfe, College of Charleston
Brooke Mosteller, Furman
Heather Conarroe, Davidson
Dani Reese, Appalachian State

Freshman Team

Dena O'Brien, College of Charleston
Allyson Oram, Elon
Destine Kirkman, Appalachian State
Jackie Madden, Elon
Danielle McKee, The Citadel
Catherine Burton, Furman
Claire Grogan, Samford

2011

First Team

Ashley Schnell, UNCG
Lauren D'Alessio, Samford
Dena O'Brien, College of Charleston
Erin Barker, Furman
Chelsea Sumney, UNCG
Kerry Harman, UNCG
Shaina Sumney, UNCG

Women's All-Conference Teams

Second Team

Brooke Mosteller, Furman
Allyson Oram, Elon
Mara Smith, Western Carolina
Amanda Hamilton, Appalachian State
Sarah Paddon, Davidson
Hannah Orders, Appalachian State
Morgan Deneck, Elon
Sinead Haughey, Furman

Freshman Team

Sarah Paddon, Davidson
Sinead Haughey, Furman
Haylee Dawe, Elon
Rebecca Greenwall, Georgia Southern
Hayley McMahon, College of Charleston
Erin Osment, Davidson
Alissa Williams, Wofford

*In 2008 the SoCon coaches approved a motion to add a second team All-Conference and an All-Freshman team. The All-Conference teams are made up of the top 14 finishers at the conference meet, seven on each team. The All-Freshman team is made up of the top seven freshmen finishers.



2011 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. UNCG	35	7. Samford	145
2. Furman	80	8. Davidson	178
3. Elon	111	9. Wofford	242
4. Appalachian State	117	10. Georgia Southern	244
5. College of Charleston	141	11. Chattanooga	295
6. Western Carolina	143	12. The Citadel	329

Women's 5-K Individual Results

(October 29, Charleston, S.C. - College of Charleston, Trophy Lakes Course)

Place	Name, School	Time	Place	Name, School	Time
1*	Ashley Schnell, UNCG	16:33.10	55	Brenna McDavid, ELON	18:50.10
2*	Lauren D'Alessio, SAM	16:40.70	56	Stephanie Chapman, ASU	18:50.60
3*	Dena O'Brien, CofC	17:05.40	57	Kateln O'Dunne, ELON	18:53.70
4*	Erin Barker, FUR	17:05.80	58	Lillie Jackson, SAM	18:53.80
5*	Chelsea Sumney, UNCG	17:12.80	59	McKenzie Wooley, FUR	18:56.00
6*	Kerry Hartman, UNCG	17:15.60	60	Nicole Klasnic, WOF	18:56.90
7*	Shaina Sumney, UNCG	17:17.60	61	Chelsea Willette, UNCG	18:57.70
8#	Brooke Mosteller, FUR	17:20.00	62	Michelle Chewens, UNCG	19:03.70
9#	Allyson Oram, ELON	17:30.20	63	Alli Keithan, SAM	19:06.60
10#	Mara Smith, WCU	17:35.40	64	Keely Stewart, UTC	19:07.10
11#	Amanda Hamilton, ASU	17:39.00	65	Dannielle Hobbs, CofC	19:08.00
12#%	Sarah Paddon, DAV	17:42.20	66	Jenna Williamson, ASU	19:10.20
13#	Hannah Orders, ASU	17:43.10	67	Lauren Carter, DAV	19:11.60
14#	Morgan Deneck, ELON	17:43.70	68	Megan Mavity, DAV	19:12.20
15#%	Sinead Haughey, FUR	17:43.70	69	Elle Brewer, CofC	19:12.40
16	Ginny Cronley, UNCG	17:47.70	70	Michelle Provost, WCU	19:19.20
17	Morgan Turner, WCU	17:49.40	71	Dana Walsh, CofC	19:21.60
18	Holly Benson, SAM	17:50.60	72	Katie Kessler, WOF	19:21.90
19	Chloe Kowalski, FUR	17:52.80	73	Morgan Buchanan, UTC	19:23.80
20	Emily Tryon, ELON	17:54.40	74	Carly Egan, WOF	19:25.10
21%	Haylee Dawe, ELON	17:54.90	75	Maggie Rickard, DAV	19:28.40
22%	Rebecca Greenwall, GSU	17:59.60	76	Kaylan Lance, WCU	19:30.40
23	Tara Gietma, UTC	18:01.00	77	Amanda Parker, ELON	19:34.10
24%	Hayley McMahon, CofC	18:04.20	78	McKenna Nokes, CofC	19:35.00
25	Sarah Williamson, ASU	18:04.50	79	Sarah Woerner, UTC	19:40.40
26	Natalie Atabek, DAV	18:04.70	80	Christina Shonbeck, CIT	19:42.80
27%	Erin Osment, DAV	18:06.20	81	Lindsay Mullican, GSU	19:44.90
28	Danielle McKee, CIT	18:09.80	82	Brittany Martin, GSU	19:50.80
29%	Alissa Williams, WOF	18:11.50	83	Claire Naisby, DAV	19:52.60
30	Kaitlyn Cagle, ASU	18:12.20	84	Elizabeth Ordway, CIT	19:53.00
31	Kristen Wolfe, CofC	18:13.80	85	Shannon Hall, UNCG	19:56.50
32	Olivia Jacobs, WCU	18:17.20	86	Kiersten Ellsworth, WOF	19:58.20
33	Chelsea Treadway, SAM	18:19.40	87	Lena Elliott, WCU	19:59.10
34	Kacie Schoen, FUR	18:20.20	88	Nicole Ogilbee, CIT	19:59.20
35	Aleshia Reece, WCU	18:24.60	89	Hayley Tomlinson, WCU	20:06.50
36	Rachel Greenwall, GSU	18:25.10	90	Gabby Cader, UTC	20:17.10
37	Catherine Burton, FUR	18:27.10	91	Caroline Liddy, WOF	20:20.10
38	Allison Cook, ASU	18:28.00	92	Caroline Burdette, WOF	20:22.70
39	Deanna Zidar, SAM	18:29.10	93	Asea Mayfield, GSU	20:23.80
40	Callen Powers, CofC	18:30.40	94	Megan Sullivan, GSU	20:26.00
41	Sara Curry, GSU	18:31.00	95	Micah Wessinger, CIT	20:44.20
42	Alyssa Burkert, WOF	18:31.40	96	Erinn Carter, CIT	20:52.40
43	Danielle Sams, CofC	18:32.80	97	Emily Field, CIT	20:59.70
44	Maria Stickley, ASU	18:33.60	98	Jenna Nicks, UTC	21:22.40
45	Kelly Montague, UNCG	18:34.30	99	Jessica Loya, CIT	23:33.20
46	Justine Stocks, ASU	18:36.40			
47	Chrissy Pacewicz, ELON	18:36.60			
48	Erika Shaver, FUR	18:39.40			
49	Faith Trammell, WCU	18:42.70			
50	Blair Burke, FUR	18:46.20			
51	Sam Hughes, WOF	18:48.00			
52	Kylie Womack, ELON	18:49.10			
53	Manya Swick, DAV	18:49.20			
54	Frances Bernard, SAM	18:49.20			

Runner-of-the-Year: Ashley Schnell, UNCG
Freshman-of-the-Year: Sarah Paddon, Davidson
Coach-of-the-Year: Linh Nguyen, UNCG

*denotes all-conference first team
#denotes all-conference second team
%denotes all-freshmen team



2011 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. UNCG	26	T6. Elon	166
2. Davidson	73	8. College of Charleston	205
3. Furman	82	9. The Citadel	260
4. Appalachian State	91	10. Wofford	279
5. Chattanooga	103	11. Samford	288
T6. Western Carolina	166		

Men's 8-K Individual Results

(October 29, Charleston, S.C. - College of Charleston, Trophy Lakes Course)

Place	Name, School	Time	Place	Name, School	Time
1*	Paul Chelimo, UNCG	23:11.56	55	Drew Austell, UTC	26:18.36
2*	Ryan Hopkins, DAV	23:30.91	56	Garrett West, WCU	26:19.89
3*	Joey Thompson, UNCG	23:54.39	57	Tyler Greathouse, FUR	26:22.85
4*%	Paul Katam, UNCG	23:59.80	58	Mark Sullivan, ASU	26:25.09
5*	Chris Berry, UTC	24:04.80	59	Maverick Harris, WOF	26:28.81
6*	Lucas Cotter, UTC	24:20.56	60	Adam Bernstein, ELON	26:29.86
7*	Abraham Kemboi, UNCG	24:27.58	61	Manning Miller, CofC	26:32.85
8#	Alex Taylor, ASU	24:33.28	62	Clayton Sankey, ELON	26:33.76
9#	Will Raby, ASU	24:41.49	63	Ramsey White, SAM	26:34.02
10#%	Luis Vargas, ELON	24:49.07	64	Ranley Gousse, ELON	26:36.59
11#	Mike Koech, UNCG	24:51.28	65	Matt Menard, WOF	26:37.44
12#%	Tripp Hurt, FUR	24:51.62	66	William Ivey, FUR	26:44.75
13#	Chris Caldwell, FUR	24:54.47	67	Atom Young, CIT	26:45.69
14#	Mark Cole, UTC	24:57.93	68	Connor Mercurcio, ELON	26:48.62
15	Mike Reynolds, DAV	24:58.31	69	Russell Baker, WOF	26:52.37
16	Demetrios Pagonis, DAV	24:58.65	70	Mackenzie Johnston, CofC	26:53.05
17	Wilkerson Given, FUR	24:58.77	71	James Graham, SAM	26:56.23
18	Vincent Weir, DAV	25:02.19	72	Henry Stevens-Carty, SAM	26:57.66
19	Lee Gilmer, FUR	25:06.24	73	P.J. Wasilchak, CIT	27:04.99
20	Nick Kelly, ASU	25:07.07	74	Justin Whitaker, WOF	27:09.40
21	Jack Klecker, FUR	25:11.62	75	Jordan Ashley, CIT	27:14.34
22	Graya Sailor-Tynes, DAV	25:17.99	76	Cameron Mactavish, CofC	27:20.03
23	Kyle Keene, CIT	25:18.71	77	Alex Bocard, CofC	27:22.98
24	James Howard-Smith, ASU	25:20.01	78	John Gatewood, CIT	27:26.07
25#%	Sean Magee, ELON	25:20.69	79	Paul Fleckenstein, CIT	27:38.21
26	Andrew Lantz, DAV	25:20.70	80	Hunter McGhee, WOF	27:49.11
27	Nathan Waunch, UTC	25:25.13	81	Raeven Lantz, CIT	27:51.86
28	Jake Swimmer, WCU	25:25.53	82	Jackson Sinor, FUR	27:55.89
29	Nolan Clark, WCU	25:26.82	83	Eric Williams, UNCG	28:09.12
30	Brian Graves, ASU	25:28.58	84	Brandon Rabon, CIT	28:11.78
31#%	Travis Alfaro, WCU	25:32.54	85	Nicholas Cork, SAM	28:38.58
32	Layton Dorsett, SAM	25:33.03			
33	Mike Lilley, ASU	25:33.79			
34	Andrew Nelson, CofC	25:35.09			
35	Eric Robertson, CofC	25:35.17			
36	Ian Tupper, DAV	25:35.49			
37#%	Whitner Chase, DAV	25:38.71			
38	Chase Fisher, WCU	25:41.39			
39	Brian Carrington, UNCG	25:41.51			
40#%	Henry Falotico, DAV	25:42.74			
41	Trey Parker, WOF	25:42.90			
42	Conor O'Brien, ELON	25:43.36			
43	Jacob Englertm WCU	25:46.07			
44	ARi Rothschild, ELON	25:46.23			
45	Ross Ochs, CofC	25:51.57			
46	Chris Garrett, ASU	25:53.05			
47	Austin Waldrop, CIT	25:55.81			
48	Adam Seften, CofC	25:57.57			
49	David Lamberson, CofC	26:02.34			
50	Tyron Alston, UNCG	26:05.82			
51	Ben Perron, ELON	26:08.45			
52	James Perez, FUR	26:08.53			
53	Chris Moen, ASU	26:11.69			
54	Taylor Day, UNCG	26:17.03			

Runner-of-the-Year: Paul Chelimo, UNCG
Freshman-of-the-Year: Paul Katam, UNCG
Coach-of-the-Year: Linh Nguyen, UNCG

*denotes all-conference first team
#denotes all-conference second team
%denotes all-freshmen team



2010 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Samford	71	7. College of Charleston	149
2. Appalachian State	74	8. Davidson	161
3. UNCG	87	9. Western Carolina	202
4. Chattanooga	123	10. Wofford	274
5. Elon	135	11. The Citadel	319
6. Furman	144	12. Georgia Southern	357

Women's 5-K Individual Results (October 30, Boone, N.C. - Appalachian State University)

Place	Name, School	Time	Place	Name, School	Time
1*	Ashley Schnell, UNCG	17:39.98	55	Catherine Rossi, ELON	19:41.98
2*	Lauren D'Alessio, SAM	17:45.88	56	Kelly Montague, UNCG	19:46.40
3*	Hillary Neal, SAM	17:50.56	57	Megan Mavity, DAV	19:46.63
4*	Shaina Sumney, UNCG	17:56.41	58	Sara Curry, GSU	19:48.45
5*%	Dena O'Brien, CofC	18:05.92	59	Jordan Gaddy, WCU	19:50.14
6*	Amy Neilson, ASU	18:06.99	60	Kim Stauffer, WOF	19:51.34
7*	Anneli Uys, UTC	18:12.28	61	Chrissy Pacewicz, ELON	19:54.46
8#	Brittney Caudle, ASU	18:18.69	62	Tierney Willard, CofC	19:56.79
9#	Ina Ables, SAM	18:25.44	63	Julia Bryant, FUR	20:00.30
10#	Morgan Turner, WCU	18:27.67	64	Alyssa Burkert, WOF	20:02.35
11#	Kristen Wolfe, CofC	18:31.22	65	Deanna Butler, WCU	20:05.56
12#	Brooke Mosteller, FUR	18:31.53	66	Suzanne Gay, CIT	20:11.55
13#	Heather Conarroe, DAV	18:32.92	67	Lauren Anderson, UTC	20:12.13
14#	Dani Reese, ASU	18:35.16	68	Leslie Raymond, WCU	20:12.77
15	Kerry Hartman, UNCG	18:35.62	69	Holly Benson, SAM	20:13.47
16	Lauren Childs, DAV	18:42.54	70	Anna Grimes, UNCG	20:13.75
17	Ginny Cronley, UNCG	18:47.92	71	Jocelyn Keen, WCU	20:15.90
18	Andrea Kelsey, WOF	18:49.39	72	Claire Naisby, DAV	20:17.65
19	Tara Gietema, UTC	18:52.33	73	Grace Loba, CofC	20:18.81
20	Hannah Orders, ASU	18:54.99	74	Maggie Rickard, DAV	20:20.09
21	Morgan Denecke, ELON	18:56.26	75	Elle Brewer, CofC	20:30.55
22%	Allyson Oram, ELON	18:59.73	76	Alexandra Horst, DAV	20:31.44
23	Deanna Zidar, SAM	19:00.55	77	Heather Stuiwe, UTC	20:36.98
24	Jenna Callahan, FUR	19:04.21	78	Kristin Jenkins, CofC	20:41.43
25	Shelley Taylor, UTC	19:04.77	79	Kaylan Lance, WCU	20:43.54
26%	Destine Kirkman, ASU	19:04.99	80	Caitlin Dodd, WOF	20:50.20
27%	Jackie Madden, ELON	19:06.10	81	Heather McAllister, GSU	20:54.31
28	Emily Fournier, ELON	19:06.94	82	Katie Kessler, WOF	20:57.74
29	Mary Cumbee, UTC	19:08.29	83	Azura Robillard, GSU	21:13.33
30%	Danielle McKee, CIT	19:09.13	84	Christina Shonbeck, CIT	21:13.71
31	Mara Smith, WCU	19:10.31	85	Nicole Klasnic, WOF	21:16.47
32	Erin Barker, FUR	19:13.31	86	Paige Donnelly, DAV	21:19.50
33	Callen Powers, CofC	19:13.94	87	Erinn Carter, CIT	21:20.15
34	Alli Keithan, SAM	19:15.67	88	Caroline Liddy, WOF	21:20.92
35	Sarah Cline, DAV	19:15.90	89	Amanda Ventre, GSU	21:31.37
36	Rebecca Shelton, FUR	19:16.63	90	Shelby Harris, WOF	21:41.36
37	Emily Tryon, ELON	19:17.33	91	Micah Wessinger, CIT	21:47.12
38	Sarah Williamson, ASU	19:17.38	92	Alyse Childress, WCU	21:50.09
39	Amanda Hamilton, ASU	19:18.46	93	Sarah Stierwalt, CIT	21:53.35
40%	Catherine Burton, FUR	19:19.36	94	Asea Mayfield, GSU	22:32.53
41	Charlotte Coggins, FUR	19:21.33	95	Talisha Rice, GSU	23:11.49
42%	Claire Grogan, SAM	19:23.77	96	Tennyson, Amanda, GSU	23:11.97
43	Kathryn Stuart, UTC	19:25.44			
44	Natalie Atabek, DAV	19:26.28			
45	Kylie Womack, ELON	19:27.52			
46	Allyson Costa, ELON	19:27.82			
47	Stephanie Chapman, ASU	19:28.66			
48	Olivia Jacobs, WCU	19:30.21			
49	Julia Means, FUR	19:30.65			
50	McKenna Nokes, CofC	19:35.05			
51	Chloe Kowalski, FUR	19:36.67			
52	Tiffany Garber, UNCG	19:37.82			
53	Allison Cook, ASU	19:38.06			
54	Natasha Pavlovich, CofC	19:38.25			

Runner-of-the-Year: Ashley Schnell, UNCG
Freshman-of-the-Year: Dena O'Brien, College of Charleston
Coach-of-the-Year: Rod Tiffin, Samford

*denotes all-conference first team
#denotes all-conference second team
%denotes all-freshmen team

2010 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	55	7. Western Carolina	180
2. UNCG	66	8. College of Charleston	197
3. Chattanooga	74	9. Samford	236
4. Davidson	100	10. The Citadel	278
5. Furman	118	11. Wofford	292
6. Elon	153		

Men's 8-K Individual Results (October 30, Boone, N.C. - Appalachian State University)

Place	Name, School	Time	Place	Name, School	Time
1*	Emmanuel Kirwa, UTC	24:29.40	54	Atom Young, CIT	26:59.58
2*	Joey Thompson, UNCG	24:39.05	55	John Gayle, SAM	27:02.06
3*	Ryan Hopkins, DAV	24:40.34	56	Drew Tucker, WCU	27:03.41
4*	Chris Berry, UTC	24:41.15	57	Jack Klecker, FUR	27:03.91
5*	Mike Koech, UNCG	24:52.33	58	David Lamberson, CofC	27:04.21
6*	Charles McGoogan, FUR	24:58.29	59	Landry Bennett, DAV	27:11.46
7*	Josey Weaver, WCU	24:59.21	60	Manning Miller, CofC	27:12.32
8#	Will Raby, ASU	25:05.29	61	Jake Swimmer, WCU	27:16.53
9#	Brandon Hudgins, ASU	25:05.67	62	Brian Magna, ELON	27:19.46
10#	Demetrios Pagonis, DAV	25:05.73	63	Wells Johnson, CIT	27:21.05
11#	Alex Taylor, ASU	25:06.11	64	Clayton Sankey, ELON	27:21.97
12#	Sean Soderman, ASU	25:13.10	65	John Gatewood, CIT	27:25.14
13#	AJ Savoia, UNCG	25:14.98	66	Jeff Crain, CofC	27:28.18
14#%	Lucas Cotter, UTC	25:19.01	67	Austin Waldrop, CIT	27:34.78
15	Chris Moen, ASU	25:24.70	68	Ramsey White, SAM	27:41.32
16	Lee Gilmer, FUR	25:26.61	69	Maverick Harris, WOF	27:42.65
17	Andy Clyne, UNCG	25:37.43	70	Andrew Garrison, ELON	27:54.81
18	Joshue Vasquez, UTC	25:37.44	71	Russell Baker, WOF	28:00.91
19	Christian Bailey, CofC	25:37.99	72	Garrett West, WCU	28:04.97
20	Burk Staub, ASU	25:38.15	73	Sam Metzger, CofC	28:06.00
21%	Nick Schneider, ELON	25:39.80	74	James Perez, FUR	28:11.76
22	Trey Parker, WOF	25:43.94	75	Vincent Weir, DAV	28:12.44
23	Chris Caldwell, FUR	25:47.34	76	Henry Stevens-Carty, SAM	28:14.16
24	Matthew Richardson, ELON	25:52.57	77	Andrew George, CofC	28:16.58
25	Michael Walker, ASU	25:56.92	78	Matt Menard, WOF	28:18.01
26	Charlie Schmitt, DAV	25:57.68	79	P.J. Wasilchak, CIT	28:19.54
27	Justin Gianni, Elon	25:59.75	80	Ben Canipe, CIT	28:24.35
28%	Andrew Nelson, CofC	25:59.84	81	Alex Boccard, CofC	28:30.77
29	Jermaine Coore, UNCG	26:01.48	82	Chris Fallis, CIT	28:44.23
30	Ian Tupper, DAV	26:01.95	83	Jackson Sinor, FUR	28:53.84
31	Wes Reynolds, DAV	26:02.23	84	Paul Fleckenstein, CIT	28:59.18
32	Wilkerson Given, FUR	26:04.06	85	Taylor Day, UNCG	29:05.70
33	Nolan Clark, WCU	26:08.07	86	Stephon Roach, WCU	29:58.63
34%	Layton Dorsett, SAM	26:11.13	87	Ben Boyles, WOF	30:30.34
35%	Grayam Sailor-Tynes, DAV	26:11.18	88	Chase West, WOF	31:15.97
36	Mike Lilley, ASU	26:15.16			
37%	Ben Perron, ELON	26:21.11			
38	David Moore, UTC	26:23.13			
39%	Kenny Hinman, UNCG	26:31.94			
40	Alexander Hill, CofC	26:33.04			
41	Scott Cope, SAM	26:34.14			
42	Tyler Greathouse, FUR	26:36.23			
43	Nick Kelly, ASU	26:37.70			
44	Brian Carrington, UNCG	26:38.16			
45	Chase Fisher, WCU	26:38.67			
46	Tyler Dunn, WCU	26:42.09			
47	Conor O'Brien, ELON	26:43.38			
48	Tyron Alston, UNCG	26:47.55			
49	Kyle Keene, CIT	26:49.17			
50	James Graham, SAM	26:51.12			
51	Ranley Gousse, ELON	26:53.22			
52	Greg Marcil, DAV	26:54.67			
53	John Miller, FUR	26:55.95			

Runner-of-the-Year: Emmanuel Kirwa, Chattanooga
Freshman-of-the-Year: Lucas Cotter, Chattanooga
Coach-of-the-Year: Mike Curcio, Appalachian State

*denotes All-Conference first team
#denotes All-Conference second team
%denotes All-Freshmen team



2009 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Samford	74	7. UNC Greensboro	138
2. Elon	75	8. Western Carolina	168
3. Appalachian State	83	9. College of Charleston	254
4. Furman	93	10. Wofford	289
5. Davidson	110	11. Georgia Southern	319
6. Chattanooga	134	12. The Citadel	357

Women's 5-K Individual Results (October 31, Elon, N.C. - Elon University)

Place	Name, School	Time	Place	Name, School	Time
1*%	Brittney Caudle, ASU	17:47.32	55	Elizabeth Wilbur, DAV	20:04.03
2*	Chloe Kowalski, FUR	18:04.39	56	Laura Fuller, GSU	20:04.42
3*	Anneli Uys, UTC	18:11.62	57	Jenna Paley, UNCG	20:06.34
4*	Hillary Neal, SAM	18:32.22	58	Becky Stewart, CofC	20:07.25
5*	Ina Ables, SAM	18:44.39	59	Tiffany Garber, UNCG	20:10.26
6*%	Heather Stuive, UTC	18:51.34	60	Katheryn Gatewood, CIT	20:11.55
7*	Caitlin Beeler, ELON	18:54.55	61	Stephanie Payne, ASU	20:16.18
8#	Sherrika Jordan, UNCG	18:55.02	62	Adrian Cooke, WCU	20:17.48
9#%	Natalie Atabek, DAV	18:58.41	63	Lauren Fredrickson, ELON	20:20.37
10#	Emily Fournier, ELON	18:58.75	64	Cori Christensen, SAM	20:21.46
11#	Brittany Johnson, FUR	18:59.68	65	Megan Lordi, FUR	20:22.18
12#	Danielle Ruggieri, DAV	19:00.03	66	Christelle Vereb, WCU	20:22.87
13#	Katie Booker, ASU	19:00.52	67	Tricia Rossettie, FUR	20:29.50
14#	Heather Conaroe, DAV	19:01.50	68	Niki Klasnic, WOF	20:34.89
15%	Morgan Denecke, ELON	19:05.09	69	Caroline Gecker, DAV	20:36.97
16	Dani Reese, ASU	19:05.97	70	Holly Benson, SAM	20:40.94
17	Kerry Hartman, UNCG	19:06.58	71	Sara Curry, GSU	20:42.31
18	Andrea Seccafien, SAM	19:07.92	72	Natalie Wolin, CIT	20:43.21
19	Jessica Van Ausdall, SAM	19:08.91	73	Lauren Anderson, UTC	20:45.22
20	Jenna Callahan, FUR	19:10.04	74	Shauntel Jennings, GSU	20:45.71
21	Allyson Costa, ELON	19:12.45	75	Kassi Lee, GSU	20:47.74
22%	Sullivan Parkes, ELON	19:13.09	76	Callen Powers, CofC	20:48.65
23%	Trinity Foreman, ASU	19:13.61	77	Brittani Martin, GSU	20:49.02
24%	Mara Smith, WCU	19:16.34	78	Caroline Liddy, WOF	20:50.59
25	Jordan Gaddy, WCU	19:16.91	79	Jade Farlow, UNCG	20:52.40
26	Emily Wirzba, FUR	19:21.86	80	Michelle Chewens, UNCG	20:54.27
27	Kathryn Stuart, UTC	19:22.65	81	Catherine Rossi, ELON	20:57.73
28	Lauren D'Alessio, SAM	19:23.61	82	Olivia Jacobs, WCU	20:58.55
29	Kristen Wolfe, CofC	19:24.11	83	Jillian Klassen, SAM	21:00.83
30	Sarah Williamson, ASU	19:24.60	84	Azura Robillard, GSU	21:04.92
31	Morgan Turner, WCU	19:27.04	85	Heather McAllister, GSU	21:12.92
32	Shaina Sumney, UNCG	19:27.31	86	Alli Keithan, SAM	21:14.36
33	Mary Cumbee, UTC	19:28.04	87	Kim Stauffer, WOF	21:15.07
34	Charlee Coggins, FUR	19:29.49	88	Caitlin Dodd, WOF	21:15.61
35	Amy Neilson, ASU	19:32.26	89	Kristin Jenkins, CofC	21:18.11
36	Lauren Childs, DAV	19:33.56	90	Morgan Jefferson, GSU	21:27.84
37	Chelsea Sumney, UNCG	19:36.83	91	Suzie Gay, CIT	21:36.28
38	Stephanie Chapman, ASU	19:37.23	92	Shelley Taylor, UTC	21:41.55
39	Jane Gay, DAV	19:37.73	93	Caroline Burdette, WOF	21:43.18
40	Shelby Harris, WOF	19:40.64	94	Leah Bradley, GSU	21:44.58
41	Hannah Orders, ASU	19:42.63	95	Laura Trent, WOF	21:46.08
42	Danielle Shaurette, WCU	19:42.85	96	Sarah Stierwalt, CIT	22:01.89
43	Julia Bryant, FUR	19:44.94	97	Kari Harris, WOF	23:03.47
44	Jacqueline Alnes, ELON	19:45.32	98	Micah Wessinger, CIT	23:51.86
45	Caitlin Lenz, UNCG	19:45.76	99	Sophia Bay, CIT	24:05.36
46	Andrea Kelsey, WOF	19:49.75	100	Caitlyn Lees, CIT	25:01.74
47	Sarah Cline, DAV	19:51.53			
48	Leslie Raymond, WCU	19:53.27			
49	Hannah Morgan, FUR	19:56.51			
50	Erin Stoddard, CofC	19:59.06			
51	Emily Tryon, ELON	20:00.80			
52	Lindsay Groce, WCU	20:01.17			
53	Emily Nagle, CofC	20:01.67			
54	Anna Stockamore, DAV	20:02.22			

Runner-of-the-Year: Brittney Caudle, Appalachian State
Freshman-of-the-Year: Brittney Caudle, Appalachian State
Coach-of-the-Year: Rod Tiffin, Samford

*denotes all-conference first team
#denotes all-conference second team
%denotes all-freshmen team

2009 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	44	7. Western Carolina	158
2. Davidson	82	8. College of Charleston	203
3. UNC Greensboro	83	9. The Citadel	218
4. Chattanooga	109	10. Samford	261
5. Elon	134	11. Wofford	276
6. Furman	146		

Men's 8-K Individual Results (October 31, Elon, N.C. - Elon University)

Place	Name, School	Time	Place	Name, School	Time
1*	Emmanuel Kirwa, UTC	25:00.38	54	Nathan Jackson, CIT	27:23.65
2*	Mike Koech, UNCG	25:03.59	55	Thad Sieracki, DAV	27:25.40
3*	Lance Harden, DAV	25:05.03	56	Greg Marcil, DAV	27:26.05
4*	Phil Mitchell, ASU	25:16.38	57	Ben Vasquez, UNCG	27:26.78
5*	Joey Thompson, UNCG	25:17.49	58	Chris Fallis, CIT	27:28.99
6*	Sean Soderman, ASU	25:25.99	59	Bryan Brooks, WOF	27:30.78
7*	Alec Meyer, ASU	25:29.33	60	Kevin Huwe, UTC	27:35.86
8#	Ryan Hopkins, DAV	25:32.63	61	David Wells, ELON	27:36.22
9#	Charlie McGoogan, FUR	25:41.68	62	Cory Bowen, UNCG	27:37.90
10#	Josh Houser, ASU	25:43.29	63	Ian Tupper, DAV	27:40.10
11#	Matthew Richardson, ELON	25:45.65	64	Brian Carrington, UNCG	27:43.27
12#	Josey Weaver, WCU	25:46.30	65	William Denton, SAM	27:44.09
13#	Stephen Hammond, WCU	25:47.43	66	Garrett West, WCU	27:47.32
14#	Andy Clyne, UNCG	25:49.29	67	Conor O'Brien, ELON	27:48.41
15	Tom Divinnie, DAV	25:49.82	68	Chas Keithan, SAM	27:50.86
16	Joshue Vasquez, UTC	25:53.99	69	Jake Swimmer, WCU	27:57.67
17	Bud Galloway, ASU	25:59.57	70	Paul Vecchione, WOF	28:00.27
18%	Trey Parker, WOF	26:04.19	71	Russell Baker, WOF	28:06.95
19%	Burk Staub, ASU	26:04.83	72	Taylor Zorski, ELON	28:11.48
20	AJ Savoia, UNCG	26:08.64	73	Alexander Hill, CofC	28:14.83
21%	Nolan Clark, WCU	26:12.59	74	Jake Clawson, WCU	28:15.39
22	Justin Gianni, ELON	26:14.15	75	Sam Shaughnessy, SAM	28:21.48
23%	Brian Graves, ASU	26:17.58	76	David Lamberson, CofC	28:24.03
24	Lee Gilmer, FUR	26:19.43	77	P.J. Wasilchak, CIT	28:31.04
25	William Schefer, ELON	26:22.42	78	Taylor Day, UNCG	28:42.37
26	Charlie Schmitt, DAV	26:26.35	79	Ben Canipe, CIT	28:44.28
27	Trevor Sprague, CofC	26:26.96	80	David Thomas, CofC	28:53.75
28	Eric Robertson, CofC	26:27.19	81	Tyler Dunn, WCU	29:02.43
29%	Kyle McLarty, UTC	26:30.54	82	Jay Meservy, SAM	29:21.72
30%	Demetrios Pagonis, DAV	26:31.70	83	Timothy Faugl, CofC	29:24.86
31	Mason Campbell, ASU	26:34.31	84	Mavrick Harris, WOF	29:56.41
32	David Moore, UTC	26:36.63	85	Ramsey White, SAM	30:22.42
33%	Mark Cole, UTC	26:38.97	86	Manning Miller, CofC	30:45.93
34	Peter Bruton, DAV	26:41.67	87	Josh Riley, WOF	32:08.87
35	Christopher Caldwell, FUR	26:45.17			
36	Connor Mercurio, ELON	26:48.45			
37	Brendan Kight, CIT	26:49.51			
38	Christian Bailey, CofC	26:50.62			
39	Kyle Keene, CIT	26:51.91			
40	Wilkerson Given, FUR	26:53.91			
41	John Miller, FUR	26:59.11			
42	Clay Sankey, ELON	27:01.08			
43	Terry Wyatt, UNCG	27:02.10			
44	Patrick Ollinger, SAM	27:05.40			
45	Michael Walker, ASU	27:06.66			
46	John Gatewood, CIT	27:07.17			
47	Kelly Toomes, CofC	27:09.50			
48	Scott Cope, SAM	27:11.06			
49	Knox Sutterfield, FUR	27:11.39			
50	Atom Young, CIT	27:13.48			
51	Ranley Gousse, ELON	27:16.17			
52	Blaise Carie, SAM	27:19.04			
53	Drew Tucker, WCU	27:20.20			

Runner-of-the-Year: Emmanuel Kirwa, Chattanooga
Freshman-of-the-Year: Trey Parker, Wofford
Coach-of-the-Year: Mike Curcio, Appalachian State

*denotes All-Conference first team
#denotes All-Conference second team
%denotes All-Freshmen team



2008 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	40	7. Western Carolina	197
2. Chattanooga	57	8. Davidson	198
3. Furman	70	9. College of Charleston	275
4. Samford	124	10. The Citadel	286
5. UNC Greensboro	126	11. Wofford	342
6. Elon	132		

Men's 8-K Individual Results (November 1, Spartanburg, S.C. - Milliken Park)

Place	Name, School	Time	Place	Name, School	Time
1*	Emmanuel Kirwa, UTC	24:35.18	51	Drew Tucker, WCU	27:10.13
2*	Asmeron Desta, ASU	24:45.86	52	Brendan Kight, CIT	27:11.42
3*	Chris Berry, UTC	24:46.98	53	Zach Yereb, CIT	27:13.85
4*	Patrick Morgan, FUR	24:57.95	54	Ian Tupper, DAV	27:15.15
5*	Phil Mitchell, ASU	24:59.59	55	Andrew Highlander, UTC	27:16.75
6*	Cameron Bean, SAM	25:12.29	56	Conor O'Brien, ELON	27:17.76
7*	Alex Plasencia, FUR	25:17.30	57	Christian Bailey, CofC	27:20.52
8#	Charlie McGoogan, FUR	25:19.61	58	Thad Sieracki, DAV	27:27.19
9#	Ryan O'Keefe, ASU	25:25.20	59	Jake Clawson, WCU	27:29.08
10#	Josh Houser, ASU	25:25.90	60	Matthew Clay, FUR	27:29.97
11#	Lance Harden, DAV	25:27.07	61	Nathan Jackson, CIT	27:31.19
12#%	Joshue Vasquez, UTC	25:28.83	62	Clay Sankey, ELON	27:32.95
13#%	Jermaine Coore, UNCG	25:30.11	63	Jeff O'Connell, FUR	27:35.11
14#	Alec Meyer, ASU	25:33.27	64	Cory Hipp, WCU	27:43.40
15%	Sean Soderman, ASU	25:34.91	65	Alexander Hill, COFC	27:44.77
16	Michael Walker, ASU	25:37.89	66	William Denton, SAM	27:45.08
17%	Zachary Flickinger, FUR	25:41.26	67	Chirs Morgan, CIT	27:45.81
18%	Joey Thompson, UNCG	25:41.84	68	Josh Shumaker, WOF	27:47.86
19	Matthew Richardson, ELON	25:46.30	69	Blake Ketron, UTC	27:51.28
20	David Moore, UTC	25:51.54	70	Peter Bruton, DAV	27:52.43
21	Kevin Huwe, UTC	25:56.77	71	Bryan Brooks, WOF	27:53.15
22	Bo Brawner, SAM	25:58.25	72	Bobby Belcher, UNCG	28:00.97
23	Stephen Hammond, WCU	25:59.56	73	Field Miller, WCU	28:07.84
24	Josh Wyatt, UNCG	26:01.20	74	Chris Fallis, CIT	28:08.29
25	Eric Lewandowski, ELON	26:05.27	75	Justin Rogers, SAM	28:09.14
26	Rick Myers, ELON	26:06.35	76	Greg Marcil, DAV	28:12.38
27	Justin Gianni, ELON	26:06.75	77	Timothy Faugl, CofC	28:14.43
28	Scott Cope, SAM	26:14.07	78	Justin Hunter, WOF	28:15.58
29%	Matt Baltimore, UTC	26:17.94	79	David Wells, ELON	28:25.19
30	Xavier Rutz, UNCG	26:18.22	80	P.J. Wasilchak, CIT	28:29.97
31	Blaise Carie, SAM	26:20.87	81	Lincoln Bennett, UNCG	28:40.33
32%	Josey Weaver, WCU	26:23.19	82	Chris Justice, WCU	28:46.77
33	Charlie Schmitt, DAV	26:23.19	83	David Lamberson, CofC	28:57.64
34	Michael Warner, FUR	26:26.49	84	J.C. Koziel, CofC	29:07.09
35	William Schefer, ELON	26:28.36	85	Maverick Harris, WOF	29:15.98
36	Chris Moen, ASU	26:33.35	86	Paul Vecchione, WOF	29:31.65
37	Stephon Roach, WCU	26:33.82	87	Zach Johnson, CIT	29:48.48
38	Michael Schwartz, SAM	26:34.39	88	Alex Anderson, CIT	29:52.58
39	Jason MacCollum, ELON	26:34.81			
40	Chas Keithan, SAM	26:35.06			
41	John Miller, FUR	26:37.02			
42	Bud Galloway, ASU	26:39.07			
43	AJ Savoia, UNCG	26:41.65			
44	Lee Gilmer, FUR	26:44.27			
45	Patrick Ollinger, SAM	26:47.95			
46	Eric Robertson, CofC	26:51.72			
47	Terry Wyatt, UNCG	26:52.35			
48	Ryan Hopkins, DAV	26:52.97			
49	Andy Clyne, UNCG	27:01.64			
50	Trevor Sprague, CofC	27:02.82			

Runner-of-the-Year: Emmanuel Kirwa, Chattanooga
Freshman-of-the-Year: Joshue Vasquez, Chattanooga
Coach-of-the-Year: Mike Curcio, Appalachian State

*denotes All-Conference first team
#denotes All-Conference second team
%denotes All-Freshmen team

2008 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	60	7. Western Carolina	158
2. Samford	62	8. UNC Greensboro	203
3. Furman	77	9. College of Charleston	216
4. Appalachian State	93	10. The Citadel	317
5. Davidson	127	10. Georgia Southern	317
6. Elon	150	12. Wofford	384

Women's 5-K Individual Results (November 1, Spartanburg, S.C. - Milliken Park)

Place	Name, School	Time	Place	Name, School	Time
1*	Megan Lordi, FUR	17:22.03	54	Grace Loba, CofC	19:30.37
2*	Meghan Gaffney, ASU	17:37.96	55	Lauran Anderson, UTC	19:33.77
3*	Hillary Neal, SAM	17:41.20	56	Jenna Paley, UNCG	19:34.56
4*	Sherrika Jordan, UNCG	18:03.71	57	Annie Bailey, WCU	19:37.31
5*	Tara Gietema, UTC	18:04.47	58	Hannah Orders, ASU	19:37.72
6*%	Andrea Seccafien, SAM	18:10.33	59	Katie White, ELON	19:38.57
7*	Emily Fournier, ELON	18:11.18	60	Callen Powers, CofC	19:41.71
8#	Caroline Sanker, DAV	18:13.89	61	Becky Stewart, CofC	19:47.62
9#	Katie Williams, UTC	18:22.38	62	Courtney Whalen, ELON	19:49.06
10#%	Chloe Kowalski, FUR	18:26.49	63	Kassi Lee, GSU	19:49.53
11#	Sabrina LeFort, UTC	18:30.76	64	Sarah Cline, DAV	19:49.82
12#	Brittany Johnson, FUR	18:33.69	65	Emily Vasquez, UNCG	19:51.08
13#	Hannah Parks, ASU	18:37.68	66	Shauntel Jennings, GSU	19:52.09
14#%	Deanna Zidar, SAM	18:39.37	67	Laura Fuller, GSU	19:52.43
15	Katie Almand, SAM	18:41.63	68	Alyssa D'Orazio, CofC	19:54.99
16	Jordan Radke, UTC	18:42.03	69	Brooke Senken, DAV	19:56.43
17	Jordan Gaddy, WCU	18:42.43	70	Sarah Strickland, CIT	19:56.87
18	Charlotte Walsh, ASU	18:43.06	71	Natalie Shaw, ASU	20:01.71
19	Emily Wood, UTC	18:43.81	72	Jade Farlow, UNCG	20:05.37
20	Erin Stoddard, CofC	18:47.39	73	London Ryles, GSU	20:05.71
21	Lauren Childs, DAV	18:50.21	74	Tricia Rossette, FUR	20:08.31
22	Danielle Ruggieri, DAV	18:50.52	75	Megan Jenkins, CIT	20:09.18
23%	Melanie Reyer, ELON	18:53.34	76	Mary Ann Rutz, UNCG	20:14.31
24%	Cori Christensen, SAM	18:53.87	77	Katy Swain, DAV	20:24.69
25	Jessica Van Ausdall, SAM	18:54.46	78	Natalie Wolin, CIT	20:28.76
26%	Erin Barker, FUR	18:55.18	79	Cara Browning, CofC	20:41.39
27	Ashley Norris, ASU	18:56.37	80	Caitlin Lenz, UNCG	20:45.70
28	Julia Bryant, FUR	18:57.46	81	Kerry Hartman, UNCG	20:48.49
29	Danielle Shaurette, WCU	19:00.54	82	Suzie Gay, CIT	20:51.10
30	Catherine Rossi, ELON	19:01.48	83	Kari Harris, WOF	20:58.28
31	Heather Conarroe, DAV	19:02.04	84	Brittani Martin, GSU	21:03.19
32%	Meredith White, UTC	19:02.80	85	Elizabeth Tapp, WOF	21:12.67
33	Stephanie Chapman, ASU	19:03.36	86	Erin Ritter, CIT	21:20.34
34	Kristen Wolfe, CofC	19:04.05	87	Justina Oliva, WOF	21:27.54
35	Megan Isaacs, WCU	19:05.31	88	Sarah Stierwalt, CIT	21:33.27
36	Rebecca Shelton, FUR	19:07.00	89	Leah Bradley, GSU	21:38.63
37	Tiffany Garber, UNCG	19:08.31	90	Azura Robillard, GSU	21:40.55
38	Skye Aiello, WCU	19:13.28	91	Caroline Burdette, WOF	21:42.63
39	Leah Nicholson, WCU	19:14.51	92	Kelsea Greene, WCU	21:49.25
40	Lauren Tomory, FUR	19:14.90	93	Kristin Jenkins, CofC	21:54.27
41	Brittney Harrison, SAM	19:15.45	94	Cindy Hernandez, WOF	21:57.00
42	Krystie Schleub, ASU	19:16.02	95	Morgan Mickalis, WOF	22:02.74
43	Caitlin Beeler, ELON	19:16.68	96	Emily Nagle, CofC	22:11.98
44	Dani Reese, ASU	19:17.11	97	Heather Harris, CIT	22:16.63
45	Emily King, DAV	19:19.40	98	Melissa Royer, GSU	23:14.45
46	Alli Keithan, SAM	19:20.04			
47	Lauren Pilcher, SAM	19:20.90			
48	Jenna Callahan, FUR	19:21.78			
49	Katheryn Gatewood, CIT	19:22.71			
50	Alissa Wilke, ELON	19:23.29			
51	Allyson Costa, ELON	19:23.93			
52	Colleen McCarthy, ELON	19:24.58			
53	Michelle Chewens, UNCG	19:29.48			

Runner-of-the-Year: Megan Lordi, Furman
Freshman-of-the-Year: Andrea Seccafien, Samford
Coach-of-the-Year: Bill Gautier, Chattanooga

*denotes all-conference first team
#denotes all-conference second team
%denotes all-freshmen team



2007 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	27	7. Western Carolina	158
2. Chattanooga	56	8. The Citadel	220
3. Furman	86	9. College of Charleston	221
4. Davidson	143	10. Wofford	282
5. UNC Greensboro	146		
6. Elon	152		

Men's 8-K Individual Results

(October 27, Cullowhee, N.C.)

Place	Name, School	Time	Place	Name, School	Time
1*	Brian Deal, ASU	25:07.78	46	J.C. Koziel, CofC	27:22.89
2*	Patrick Morgan, FUR	25:16.18	47	Nathan Jackson, CIT	27:26.57
3*	Michael Mentz, UTC	25:18.86	48	Blake Evitt, DAV	27:27.93
4*	Chris Berry, UTC	25:19.66	49	Jeff O'Connell, FUR	27:30.62
5*	Asmeron Desta, ASU	25:20.73	50	Justin Gianni, ELON	27:30.92
6*	Mark Maddox, ASU	25:22.92	51	Charlie McGoogan, FUR	27:34.24
7*	Alec Meyer, ASU	25:32.16	52	Zach Yereb, CIT	27:38.22
8*	Ryan O'Keefe, ASU	25:37.42	53	Jason MacCollum, ELON	27:43.25
9*	Blair Teal, ASU	25:45.16	54	Greg Marcil, DAV	27:47.17
10*	Phil Mitchell, ASU	25:46.91	55	Josh Shumaker, WOF	27:48.04
11	Josh Houser, ASU	25:49.80	56	Andrew Hawkey, ELON	27:56.09
12	Stephon Hammond, WCU	25:51.64	57	Luke Nelson, CofC	28:00.71
13	Sam Morris, DAV	25:53.68	58	Jed Wilkerson, FUR	28:03.89
14	David Moore, UTC	25:54.09	59	Josh Parkey, DAV	28:09.94
15	Brad Meyer, CofC	25:57.32	60	Steven Craig, CIT	28:10.92
16	Joseph Tenini, FUR	25:58.50	61	Justin Ruppe, UNCG	28:12.64
17	Tim Clark, UTC	26:01.40	62	Dylan Hermelee, WCU	28:18.13
18	Alex Plasencia, FUR	26:05.05	63	Bobby Belcher, UNCG	28:24.04
19	Tom Divinnie, DAV	26:06.10	64	Justin Garren, ELON	28:24.24
20	Andy Clyne, UNCG	26:10.29	65	Bryan Lailson, CIT	28:24.73
21	Blake Ketron, UTC	26:16.95	66	Richard Bateman, WOF	28:41.75
22	FJ Goodwin, FUR	26:17.89	67	Daniel Bush, DAV	28:42.65
23	Eric Lewandowski, ELON	26:17.89	68	Andrew Garrison, ELON	28:50.74
24	Stuart Chandler, UTC	26:32.17	69	Chris Fallis, CIT	28:55.37
25	Ryan Rodd, UNCG	26:33.40	70	Michael Danehy, UTC	29:01.03
26	Jeff Taylor, UTC	26:38.26	71	Todd Davidson, WCU	29:03.64
27	Matthew Richardson, ELON	26:39.17	72	Lincoln Bennett, UNCG	29:10.48
28	Samuel Mordecai, ASU	26:40.53	73	Robert Isaac, CIT	29:14.76
29	Rick Myers, ELON	26:41.98	74	Josh Riley, WOF	29:15.00
30	Brendan Kight, CIT	26:48.21	75	Ryan Solomon, UNCG	29:20.82
31	Eric Garren, ELON	26:49.83	76	Tommy Weber, WOF	29:23.69
32	Jesse Ramirez, WCU	26:50.96	77	Timothy Faugl, CofC	29:27.37
33	Michael Warner, FUR	26:52.94	78	Bryan Brooks, WOF	29:42.14
34	Thad Sieracki, DAV	26:58.21	79	Zach Johnson, CIT	29:50.04
35	Xavier Rutz, UNCG	26:58.78	80	Justin Hunter, WOF	29:58.61
36	Terry Wyatt, UNCG	26:59.01	81	Michael Bailey, FUR	30:23.47
37	Charlie Schmitt, DAV	27:00.03	82	Dane Teszler, WOF	30:37.39
38	AJ Savoia, UNCG	27:02.94	83	Josh Shinoff, CofC	32:52.25
39	Field Miller, WCU	27:03.72	84	Paul Vecchione, WOF	33:14.89
40	Stuart McDaniel, WOF	27:04.57			
41	Stephon Roach, WCU	27:05.62			
42	Daniel Knight, CIT	27:07.54			
43	Jake Clawson, WCU	27:11.69			
44	Trevor Sprague, CofC	27:14.85			
45	Josh Walker, WCU	27:18.50			

Runner-of-the-Year: Brian Deal, Appalachian State

Freshman-of-the-Year: Chris Berry, Chattanooga

Coach-of-the-Year: Mike Curcio, Appalachian State

*denotes all-conference team



2007 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	44	7. College of Charleston	171
2. Davidson	53	8. The Citadel	241
3. Furman	83	9. UNC Greensboro	263
4. Appalachian State	86	10. Georgia Southern	311
5. Elon	104	11. Wofford	322
6. Western Carolina	141		

Women's 5-K Individual Results (October 27, Cullowhee, N.C.)

Place	Name, School	Time	Place	Name, School	Time
1*	Kathleen Turchin, UTC	17:30.35	50	Annie Bailey, WCU	19:44.27
2*	Caroline Sanker, DAV	17:37.28	51	Natalie Wolin, CIT	19:44.70
3*	Jennifer Povick, ASU	17:59.84	52	Natalie Shaw, ASU	19:46.40
4*	Caitlin Beeler, ELON	18:00.77	53	Nettie Halcomb, UTC	19:52.66
5*	Brenna Burns, DAV	18:09.66	54	Tiffany Garber, UNCG	19:53.49
6*	Katie Williams, UTC	18:19.88	55	Sarah Massenburg, CofC	19:54.62
7*	Megal Atias, DAV	18:20.31	56	Alissa Wilke, ELON	19:55.36
8*	Jenna Callahan, FUR	18:23.10	57	Heather Conarroe, DAV	19:57.39
9*	Kerrie Savery, WCU	18:26.34	58	Megan Jenkins, CIT	19:59.08
10*	Shelley Taylor, UTC	18:26.63	59	Stephanie Payne, ASU	20:01.59
11	Jordan Radke, UTC	18:33.96	60	Mo Campbell, FUR	20:03.76
12	Emily Fournier, ELON	18:35.91	61	Michelle Chewens, UNCG	20:04.36
13	Annie O'Donnell, DAV	18:36.99	62	Carly Magin, UNCG	20:08.43
14	Brittany Johnson, FUR	18:38.37	63	Leah Nicholson, WCU	20:11.26
15	Hannah Parks, ASU	18:40.27	64	Erin Stoddard, CofC	20:12.43
16	Tara Gietema, UTC	18:40.65	65	Mary Ann Rutz, UNCG	20:13.07
17	Anna Mae Flynn, ELON	18:44.15	66	Cara Brown, CofC	20:16.57
18	Page Bridges, FUR	18:44.86	67	Shauntel Jennings, GSU	20:18.36
19	Anna Baker, ASU	18:46.05	68	Kathryne Burns, ELON	20:20.97
20	Lisa Mulvey, FUR	18:46.58	69	Justina Oliva, WOF	20:22.97
21	Becky Stewart, CofC	18:48.31	70	Sarah Stierwalt, CIT	20:37.61
22	Megan Isaacs, WCU	18:48.63	71	Hannah Johnson, FUR	20:40.34
23	Lindsey Barker, FUR	18:51.68	72	Elizabeth Tapp, WOF	20:42.16
24	Kala Robertson, ASU	18:54.45	73	Sarah Whitener, WOF	20:52.72
25	Ashley Norris, ASU	18:57.46	74	Lauren Bosshardt, WOF	20:53.34
26	Lauren Childs, DAV	19:03.02	75	Deanna Mulicka, UNCG	20:59.71
27	Danielle Ruggieri, DAV	19:06.95	76	Erin Ritter, CIT	21:06.69
28	Katheryn Gatewood, CIT	19:10.27	77	Courtney Fawcett, UNCG	21:12.01
29	Amy Laughlin, CofC	19:12.72	78	Katie Isbell, WOF	21:25.92
30	Holly Stewart, FUR	19:13.12	79	Kari Harris, WOF	21:30.79
31	Abby Bloom, GSU	19:13.39	80	Laura Fuller, GSU	21:37.86
32	Wells Trompeter, CofC	19:14.13	81	Heather Harris, CIT	21:46.94
33	Lindsay Groce, WCU	19:14.62	82	Suzie Gay, CIT	21:56.35
34	Charlotte Walsh, ASU	19:15.11	83	Caitlin Dodd, WOF	22:03.51
35	Katelyn Ealer, ELON	19:16.31	84	Caitlin Coakley, GSU	22:11.09
36	Colleen McCarthy, ELON	19:21.37	85	Jessie Sahms, WOF	22:13.07
37	Katie White, ELON	19:21.91	86	Cindy Hernandez, WOF	22:19.79
38	Skye Aiello, WCU	19:26.73	87	Kellie Wesson, GSU	22:26.04
39	Jordan Gaddy, WCU	19:27.38	88	Kassi Lee, GSU	22:29.42
40	Emily Wood, UTC	19:28.89	89	Katie Abercrombie, GSU	24:06.39
41	Sherrika Jordan, UNCG	19:29.29	90	Meredith Lee, GSU	26:56.76
42	Kim Lang, DAV	19:31.22			
43	Heather Goldstein, ASU	19:32.54			
44	Karen Coroson, CofC	19:32.91			
45	Katie Hedley, CofC	19:33.50			
46	Catherine Rossi, ELON	19:39.97			
47	Sarah Strickland, CIT	19:40.45			
48	Sarah Cline, DAV	19:41.00			
49	Julia Bryant, FUR	19:41.93			

Runner-of-the-Year: Kathleen Turchin, Chattanooga

Freshman-of-the-Year: Jenna Callahan, Furman

Coach-of-the-Year: Bill Gautier, Chattanooga

*denotes all-conference team



2006 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	51	7. Elon	174
2. Furman	70	8. College of Charleston	175
3. UNC Greensboro	94	9. Western Carolina	207
4. Davidson	104	10. Wofford	289
5. Chattanooga	121		
6. The Citadel	164		

Men's 8-K Individual Results (October 28, Chattanooga, Tenn.)

Place	Name, School	Time	Place	Name, School	Time
1*	Phil Mitchell, ASU	25:17.19	43	Daniel Knight, CIT	27:18.86
2*	Patrick Morgan, FUR	25:22.57	44	Jeff O'Connell, FUR	27:20.16
3*	Lance Harden, DAV	25:24.39	45	Ryan Rodd, UNCG	27:31.86
4*	Tim Clark, UTC	25:31.49	46	Mike Mitchell, ASU	27:33.98
5*	Josh Wyatt, UNCG	25:32.53	47	Terry Wyatt, UNCG	27:39.87
6*	Dan Fassinger, WCU	25:34.26	48	Stephen Hammond, WCU	27:40.30
7*	Eric Albrecht, FUR	25:36.60	49	Justin Ruppe, UNCG	27:44.72
8*	Nicolas Vaccaro, UNCG	25:38.19	50	Jake Clawson, WCU	27:47.71
9*	Ryan O'Keefe, ASU	25:41.36	51	Michael Rella, CofC	27:50.04
10*	Nathan Hernandez-Adams, ASU	25:44.63	52	Jim Alexander, CofC	27:53.96
11	Michael Mentz, UTC	25:51.19	53	John Young, CofC	27:59.67
12	Sam Robinson, FUR	25:56.40	54	Steven Craig, CIT	28:00.71
13	Brendon Helms, ASU	25:56.69	55	Jesse Ramirez, WCU	28:01.99
14	Jeff Taylor, UTC	25:57.61	56	Field Miller, WCU	28:08.13
15	Max Gustaitis, CofC	25:57.98	57	Justin Garren, ELON	28:09.95
16	Matt Holmes, CIT	26:02.80	58	John Dowlen, FUR	28:11.28
17	Xavier Rutz, UNCG	26:05.85	59	Blake Evitt, DAV	28:12.44
18	Josh Houser, ASU	26:06.41	60	Andrew Highlander, UTC	28:13.55
19	Blair Teal, ASU	26:07.19	61	Jed Wilkerson, FUR	28:19.35
20	Keith Gruchacz, UNCG	26:08.67	62	Brian Hunt, ELON	28:24.89
21	Sam Morris, DAV	26:12.75	63	John Doehring, DAV	28:26.09
22	Asmeron Desta, ASU	26:14.64	64	Robert Isaac, CIT	28:27.09
23	Alec Meyer, ASU	26:15.61	65	Timothy Faugl, CofC	28:31.73
24	Alex Varner, DAV	26:25.85	66	Dylan Hermelee, WCU	28:33.48
25	Alex Plasencia, FUR	26:35.55	67	Stephen Dickey, CIT	28:34.20
26	Joseph Tenini, FUR	26:38.54	68	Chet Howland, DAV	28:42.99
27	Eric Garren, ELON	26:42.64	69	Justin Hunter, WOF	28:47.40
28	Douglas Noreen, DAV	26:43.88	70	Jamie McCann, WCU	28:54.82
29	Aubrey Darnell, CofC	26:44.71	71	Noah Taylor, WCU	29:10.09
30	William Wilson, CIT	26:45.42	72	Lincoln Bennett, UNCG	29:18.62
31	Alex Hoyt, DAV	26:46.04	73	Malcolm White, ELON	29:27.20
32	Thad Sieracki, DAV	26:54.66	74	James Sanyi, CIT	29:34.03
33	Bryan Brooks, WOF	26:55.30	75	Josh Shumaker, WOF	30:36.55
34	J.C. Koziel, CofC	26:58.60	76	Chris Williams, WOF	31:17.76
35	Adam Lindsey, ELON	27:01.67	77	William Bertram, ELON	31:38.29
36	Kevin Huwe, UTC	27:02.14	78	Tommy Weber, WOF	31:42.53
37	Charles Kutz, CIT	27:09.00	79	Brian Smith, WOF	31:44.51
38	Eric Lewandowski, ELON	27:11.80			
39	Ricky Myers, ELON	27:16.26			
40	Jason MacCollum, ELON	27:17.95			
41	FJ Goodwin, FUR	27:18.24			
42	Brendon Kight, CIT	27:18.60			

Runner-of-the-Year: Phil Mitchell, Appalachian State
Freshman-of-the-Year: Josh Houser, Appalachian State
Coch-of-the-Year: Gene Mullian, Furman
 *denotes all-conference team



2006 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	43	7. Western Carolina	241
2. Appalachian State	44	8. The Citadel	247
3. Davidson	53	9. UNC Greensboro	264
4. Elon	124	10. Georgia Southern	276
5. College of Charleston	132	11. Wofford	282
6. Furman	138		

Women's 5-K Individual Results (October 28, Chattanooga, Tenn.)

Place	Name, School	Time	Place	Name, School	Time
1*	Lanni Marchant, UTC	17:01.17	47	Allison Ruhe, DAV	19:28.28
2*	Jenna Wrieden, ASU	17:24.10	48	Laura Hewston, CIT	19:29.96
3*	Brenna Burns, DAV	17:39.33	49	Natalie Wolin, CIT	19:34.46
4*	Meghan Gaffney, ASU	17:40.72	50	Alana Morro, ELON	19:37.95
5*	Kasey Smith, ASU	17:42.46	51	Tessa Dispennette, UNCG	19:39.02
6*	Sabrina LeFort, UTC	17:44.38	52	Guinn Garrett, FUR	19:40.20
7*	Megal Atias, DAV	17:50.22	53	Heather Clark, CofC	19:41.11
8*	Katie Williams, UTC	17:56.06	54	Sarah Strickland, CIT	19:42.97
9*	Caitlin Beeler, ELON	17:59.47	55	Amy Sulser, ELON	19:44.82
10*	Caroline Sanker, DAV	18:02.18	56	Emmie Stuart, UTC	19:45.78
11	Anna Mae Flynn, ELON	18:03.15	57	Lyndsay Smith, CofC	19:47.66
12	Nettie Halcomb, UTC	18:07.89	58	Laura Fuller, GSU	20:02.11
13	Brittany Johnson, FUR	18:08.66	59	Erin Ritter, CIT	20:06.49
14	Hannah Parks, ASU	18:12.32	60	Jessica Kerzie, GSU	20:10.39
15	Lucy Rogers, DAV	18:14.77	61	Mo Campbell, FUR	20:12.31
16	Kathleen Turchin, UTC	18:15.36	62	Lisa Klein, DAV	20:15.23
17	Shelley Taylor, UTC	18:15.90	63	Danielle Shaurette, GSU	20:19.81
18	Annie O'Donnell, DAV	18:17.79	64	Jennifer Povick, ASU	20:23.89
19	Jennifer Kelley, ASU	18:24.97	65	Annie Bailey, WCU	20:25.52
20	Emily King, DAV	18:32.91	66	Kelly Chencharik, ELON	20:26.22
21	Karen Corson, CofC	18:38.64	67	Mandy Mills, WOF	20:27.78
22	Anna Baker, ASU	18:40.68	68	Lindsay Groce, WCU	20:30.58
23	Kerrie Savery, WCU	18:44.06	69	Elizabeth Brown, FUR	20:31.50
24	Christina Post, ASU	18:46.56	70	Amanda Rawl, CIT	20:32.26
25	Ashley Arnold, CofC	18:49.99	71	Christy Tucker, DAV	20:43.27
26	Katie Hedley, CofC	18:50.99	72	Carly Magin, UNCG	20:52.01
27	Page Bridges, FUR	18:54.18	73	Katie Fields, WOF	20:55.66
28	Holly Stewart, FUR	18:58.19	74	Justina Oliva, WOF	20:58.16
29	Amy Laughlin, CofC	18:58.65	75	Brittany Beeker, WCU	20:59.06
30	Lauren Bosshardt, WOF	19:00.16	76	Sarah Whitener, WOF	21:02.05
31	Wells Trompeter, CofC	19:00.76	77	Jenna Hester, WCU	21:06.86
32	Alissa Wilke, ELON	19:03.28	78	Sawyer Langston, CofC	21:09.99
33	Rebecca Mullen, FUR	19:06.91	79	Heather Harris, CIT	21:14.31
34	Katelyn Ealer, ELON	19:07.28	80	Kellie Wesson, GSU	21:16.56
35	Skye Aiello, WCU	19:09.48	81	Jessie Sahms, WOF	21:17.33
36	Emily Wood, UTC	19:12.29	82	Brooke Saddler, WCU	21:22.57
37	Lisa Mulvey, FUR	19:13.39	83	Stephanie Maltais, UNCG	21:47.69
38	Jessica Doan, ELON	19:15.66	84	Sara Dickson, WCU	21:59.46
39	Jessica Weber, UNCG	19:16.44	85	Veronica Barredo, CIT	22:52.29
40	Abby Bloom, GSU	19:17.61	86	Aimee Caswell, WOF	23:22.72
41	Melissa Kopec, ASU	19:18.59	87	Ro Rogers, WOF	28:49.00
42	Sherrike Jordan, UNCG	19:19.13			
43	Katie White, ELON	19:19.66			
44	Lindsey Barker, FUR	19:21.18			
45	Katheryn Greenwood, CIT	19:24.65			
46	Sarah Massenburg, CofC	19:27.00			

Runner-of-the-Year: Lanni Marchant
Freshman-of-the-Year: Caitlin Beeler, Elon
Coach-of-the-Year: Bill Gautier
 *denotes all-conference team



2005 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	34	7. Elon	164
2. Chattanooga	67	8. College of Charleston	175
3. Furman	84	9. The Citadel	234
4. Davidson	106	10. Wofford	313
5. UNC Greensboro	151		
6. Western Carolina	154		

Men's 8-K Individual Results (October 30, Statesboro, Ga.)

Place	Name, School	Time	Place	Name, School	Time
1*	Ian Mayne, UTC	24:37.25	43	Patrick Morgan, FUR	26:59.44
2*	Adam VanNortwick, ASU	24:45.00	44	Eric Garren, ELON	27:02.27
3*	Tyler Johnson, FUR	25:06.62	45	John Dowlen, FUR	27:11.20
4*	Jeff Taylor, UTC	25:10.83	46	Matt Cowan, FUR	27:18.85
5*	Adam Puett, WCU	25:14.07	47	Richard Myers, ELON	27:19.31
6*	Nathan Hernandez-Adams, ASU	25:23.11	48	Matt Holmes, CIT	27:23.37
7*	Brian Deal, ASU	25:27.84	49	Michael Rella, CofC	27:28.40
8*	Eric Albrecht, FUR	25:31.14	50	Dylan Hermelee, WCU	27:44.87
9*	Brendon Helms, ASU	25:33.74	51	Charles Kutz, CIT	27:48.44
10*	Mike Mitchell, ASU	25:34.30	52	Marcus Butler, CIT	27:54.05
11	Mark Maddox, ASU	25:37.89	53	Jim Alexander, CofC	27:56.31
12	Dan Fassinger, WCU	25:41.78	54	John Young, CofC	28:03.98
13	Sam Robinson, FUR	25:47.49	55	Jesse Ramirez, WCU	28:19.53
14	Ryan O'Keefe, ASU	25:50.19	56	James Garrett, DAV	28:23.94
15	Matthew Hudson, ASU	25:54.22	57	Andy Kifer, DAV	28:24.80
16	Lance Harden, DAV	25:56.07	58	Justin Garren, ELON	28:27.45
17	Jonathan Baker, DAV	25:58.09	59	Ryan Rodd, UNCG	28:33.08
18	Michael Mentz, UTC	26:00.42	60	Ben Sherard, CofC	28:35.98
19	Colin Sullivan, UTC	26:03.29	61	Noah Taylor, WCU	28:49.84
20	Paul Stoltzfus, ASU	26:03.83	62	Daniel Quinn, ELON	28:56.11
21	Nicolas Vaccaro, UNCG	26:04.16	63	Ray Giustizia, CIT	29:04.89
22	Charles Gibson, UNCG	26:04.76	64	Field Miller, WCU	29:25.40
23	Austin Mercadante, DAV	26:05.59	65	Jarred Adams, ELON	29:39.78
24	John Tumbleston, ELON	26:14.44	66	Jorge Jimenez, CIT	29:44.21
25	Max Gustaitis, CofC	26:16.49	67	Andrew Powell, WOF	29:51.60
26	Sam Morris, DAV	26:17.61	68	Georgia Tozer, CofC	29:53.46
27	Josh Wyatt, UNCG	26:30.44	69	Chris Williams, WOF	29:57.69
28	Harrison Johnson, CofC	26:33.59	70	Steven Craig, CIT	30:25.40
29	Kevin Huwe, UTC	26:34.53	71	Nathan Attard, CofC	31:51.87
30	Adam Lindsey, ELON	26:35.20	72	Tommy Weber, WOF	32:03.70
31	Andrew Orr, FUR	26:35.53	73	Andrew Harris, WOF	32:30.02
32	Alex Hoyt, DAV	26:40.20	74	Brian Smith, WOF	33:38.26
33	Joseph Tenini, FUR	26:42.31	75	Trey Antley, WOF	33:41.57
34	Aubrey Darnell, CofC	26:44.14			
35	Keith Gruchacz, UNCG	26:44.49			
36	Andrew Mullen, FUR	26:45.36			
37	Eric Lewandowski, ELON	26:49.55			
38	Linas Salkauskas, UTC	26:50.38			
39	Jason MacCollum, ELON	26:54.88			
40	William Wilson, CIT	26:56.32			
41	Douglas Noreen, DAV	26:57.91			
42	Marcus Dunn, WCU	26:58.21			

Runner-of-the-Year: Ian Mayne, Chattanooga
Freshman-of-the-Year: Lance Harden, Davidson
Coach-of-the-Year: Mike Curcio, Appalachian State
 *denotes all-conference team



2005 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Davidson	46	7. College of Charleston	215
2. Chattanooga	47	8. Western Carolina	230
3. Appalachian State	75	9. The Citadel	231
4. Furman	105	10. Georgia Southern	257
5. Elon	130	11. Wofford	293
6. UNC Greensboro	163		

Women's 5-K Individual Results (October 30, Statesboro, Ga.)

Place	Name, School.....	Time	Place	Name, School.....	Time
1*	Wommack, Shannon, Chattanooga	16:53.47	49	Chencharik, Kelly, Elon	20:06.89
2 *	Burns, Brenna, Davidson	17:48.93	50	Clark, Heather, College of Charleston	20:08.89
3 *	Martin, Allie, Davidson	18:01.55	51	Bosshardt, Lauren, Wofford	20:10.64
4 *	Davis, Ellen, Chattanooga	18:16.60	52	Smith, Noel, Appalachian State	20:11.59
5 *	Atias, Megal, Davidson	18:19.78	53	Ritter, Erin, The Citadel	20:14.83
6 *	Smith, Kasey, Appalachian State	18:24.37	54	Jones, Kelsey, Furman	20:17.57
7 *	Gaffney, Meghan, Appalachian State	18:38.99	55	Pomfrey, Emily, Appalachian State	20:19.74
8 *	Black, Alana, Elon	18:40.18	56	Lord, Erin, UNC-Greensboro	20:22.78
9 *	Mullen, Rebecca, Furman	18:41.11	57	Rogers, Lucy, Davidson	20:23.57
10 *	LeFort, Sabrina, Chattanooga	18:44.15	58	Baker, Anna, Appalachian State	20:26.74
11	Flynn, Anna Mae, Elon	18:45.87	59	Oliva, Justina, Wofford	20:27.33
12	Williams, Katie, Chattanooga	18:47.00	60	Rutz, Mary Ann, UNC-Greensboro	20:28.07
13	Parks, Hannah, Appalachian State	18:49.18	61	Dooley, Jennifer, College of Charleston	20:28.94
14	Trompeter, Wells, College of Charleston	18:49.50	62	McCarthy, Colleen, Elon	20:29.74
15	Bridges, Page, Furman	18:54.28	63	Wilson, Katie, Georgia Southern	20:33.42
16	Thompson, Brittany, Furman	18:57.62	64	Lister, Ryn, Wofford	20:34.45
17	King, Emily, Davidson	19:02.71	65	Sulser, Amy, Elon	20:35.14
18	Weber, Jessica, UNC-Greensboro	19:03.42	66	Shareshian, Kat, College of Charleston	20:35.43
19	Sanker, Caroline, Davidson	19:04.56	67	Rose, Elizabeth, College of Charleston	20:36.30
20	Walker, Suzanne, Chattanooga	19:07.47	68	Abraham, Jaya, Wofford	20:43.90
21	O'Donnell, Annie, Davidson	19:09.55	69	Bloom, Abby, Georgia Southern	20:47.06
22	Savery, Kerrie, Western Carolina	19:13.86	70	Hester, Jenna, Western Carolina	20:49.38
23	Ealer, Katelyn, Elon	19:17.11	71	Doan, Jessica, Elon	20:49.58
24	Robertson, Kala, Appalachian State	19:22.32	72	Shaurette, Danielle, Georgia Southern	20:52.36
25	Post, Christina, Appalachian State	19:23.28	73	Chappell, Raye Lin, Western Carolina	20:56.55
26	Lang, Kim, Davidson	19:27.21	74	Prevette, Elizabeth, Western Carolina	20:59.29
27	Jett, Brittney, Georgia Southern	19:27.91	75	Brown, Elizabeth, Furman	21:01.37
28	Pinkerton, Heidi, UNC-Greensboro	19:30.75	76	Linger, Caitlin, The Citadel	21:12.81
29	Poole, Katie, Furman	19:33.76	77	Kingston, Kimberly, College of Charleston	21:16.67
30	Bowlin, Carla, Appalachian State	19:36.92	78	D'Amours, Naomi, UNC-Greensboro	21:24.83
31	Dinkins, Jamie, Chattanooga	19:38.62	79	Aiello, Skye, Western Carolina	21:42.26
32	Kulesz, Deanna, Western Carolina	19:42.64	80	Smithson, Rachel, Wofford	21:44.64
33	Meagher, Ashley, Chattanooga	19:44.57	81	Rawl, Amanda, The Citadel	21:48.04
34	Wilson, Eleanor, UNC-Greensboro	19:45.17	82	Harp, Wilma, The Citadel	21:49.32
35	Jenkins, Megan, The Citadel	19:46.27	83	White, Kaitlin, Elon	21:51.68
36	Campbell, Mo, Furman	19:47.00	84	Wilson, Corey, Wofford	22:00.18
37	Hewston, Laura, The Citadel	19:48.65	85	Smith, Jenny, Western Carolina	22:02.50
38	Hedley, Katie, College of Charleston	19:49.28	86	Adamson, Ashley, Wofford	22:13.58
39	Maltais, Stephanie, UNC-Greensboro	19:50.57	87	Whitener, Sarah, Wofford	22:29.75
40	Strickland, Sarah, The Citadel	19:50.97	88	Lanphear, Kristina, College of Charleston	22:39.54
41	Wilke, Alissa, Elon	19:51.71	89	Mills, Mandy, Wofford	23:28.92
42	Stewart, Holly, Furman	19:52.21	90	Trendell, Molly, Georgia Southern	24:00.25
43	Crawford, Brittany, Davidson	19:52.95	91	Lee, Meredith, Georgia Southern	25:53.97
44	Garrett, Guinn, Furman	19:56.69			
45	Williams, Mallorie, Chattanooga	19:58.13			
46	Oldham, Kathy, UNC-Greensboro	20:00.51			
47	Kerzie, Jessica, Georgia Southern	20:03.22			
48	Wagner, Ann, Western Carolina	20:04.58			

Runner-of-the-Year: Shannon Wommack, Chattanooga

Freshmen-of-the-Year: Anna Mae Flynn, Elon

Coach-of-the-Year: Jennifer Straub, Davidson

* denotes all-conference team



2004 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	34	7. East Tennessee State	186
2. Appalachian State	56	8. Elon	190
3. Furman	72	9. The Citadel	231
4. UNC Greensboro	114	10. College of Charleston	249
5. Western Carolina	121	11. Wofford	358
6. Davidson	166		

Men's 8-K Individual Results (October 30, Greenville, S.C.)

Place	Name, School	Time	Place	Name, School	Time
1*	Steven Kocsis, UTC	25:34.82	47	Scott McNelis, ELON	28:23.99
2*	Tyler Johnson, FUR	25:38.89	48	Ben Sherard, COFC	28:24.54
3*	Colin Sullivan, UTC	25:48.35	49	Douglas Noreen, DAV	28:25.10
4*	Adam Puett, WCU	25:59.53	50	Michael Rella, COFC	28:25.49
5*	Ian Mayne, UTC	26:08.56	51	Ben Phillips, COFC	28:25.95
6*	Gediminas Banevicius, UTC	26:11.54	52	Ray Giustizia, CIT	28:28.24
7*	Carson Blackwelder, ASU	26:14.30	53	Jamar Frazier, WCU	28:28.83
8*	Mark Maddox, ASU	26:16.51	54	Matt Cowan, FUR	28:34.19
9*	Eric Albrecht, FUR	26:18.63	55	Paul Travers, UNCG	28:35.39
10*	Joe Jacobs, UNCG	26:19.72	56	Nick Reinhardt, FUR	28:38.20
11	Peter Dalton, ETSU	26:27.34	57	Harrison Meadows, FUR	28:38.90
12	Joe Halin, ASU	26:30.73	58	Xavier Rutz, UNCG	28:47.16
13	Sam Robinson, FUR	26:36.04	59	Mark Riley, WCU	28:50.50
14	Brian Deal, ASU	26:39.74	60	Linus Salkauskas, UTC	28:51.50
15	Asmeron Desta, ASU	26:45.10	61	Marcus Dunn, WCU	28:58.37
16	Adam VanNortwick, ASU	26:46.18	62	Marcus Butler, CIT	29:01.58
17	Frederick Cameron, WCU	26:51.23	63	Malcom White, ELON	29:04.22
18	Jonathan Baker, DAV	26:53.51	64	Joshua Gibson, ETSU	29:08.01
19	Robert Hatcher, UTC	26:55.85	65	Daniel Quinn, ELON	29:15.92
20	Brendon Helms, ASU	26:56.91	66	Marc Therrien, ELON	29:17.74
21	Nicolas Vaccaro, UNCG	27:08.42	67	Stephen Lyons, UNCG	29:22.03
22	Mike Mitchell, ASU	27:11.92	68	Justin Garren, ELON	29:37.62
23	Mitch Gober, FUR	27:14.09	69	John Doehring, DAV	29:40.80
24	Nick Gastley, CIT	27:16.33	70	Charles Kutz, CIT	29:42.91
25	CR Thomas, UNCG	27:17.24	71	Vince Bechtel, CIT	29:51.76
26	Charles Gibson, UNCG	27:21.21	72	David Fulp, UNCG	29:59.96
27	Andrew Mullen, FUR	27:27.01	73	Steven Craig, CIT	30:01.30
28	Jeff Taylor, UTC	27:32.79	74	George Tozer, COFC	30:05.26
29	James Irwin, WCU	27:34.53	75	Doug Moody, COFC	30:12.25
30	Chris Lynch, WCU	27:35.58	76	James Coggins, ETSU	30:22.58
31	Sam Morris, DAV	27:38.30	77	Andrew Powell, WOF	30:34.93
32	John Tumbleston, ELON	27:41.59	78	Graham Foster, ETSU	30:44.12
33	Jordan Ladd, ETSU	27:45.88	79	Michael Guthrie, COFC	30:45.90
34	Nick Lehman, DAV	27:46.76	80	Jon Duggins, CIT	31:03.88
35	Chad Carpenter, UNCG	27:50.95	81	Andre' Caldwell, WOF	31:53.02
36	Eric Garren, ELON	27:53.48	82	Chris Williams, WOF	34:52.62
37	Andrew Orr, FUR	27:57.73	83	Forrest Clark, WCU	35:28.40
38	Adam Lindsey, ELON	28:00.36	84	Trey Antley, WOF	36:02.27
39	Austin Mercadante, DAV	28:11.09	85	Ben Pauli, WOF	38:34.56
40	William Wilson, CIT	28:11.65			
41	Joshua Hicks, ETSU	28:12.18			
42	Harrison Johnson, COFC	28:12.72			
43	Brett Willi, ELON	28:18.67			
44	Brian McLean, WCU	28:19.61			
45	Benard Towett, ETSU	28:21.75			
46	Daniel Eggers, ASU	28:23.46			

Runner-of-the-Year: Steve Kocsis, Chattanooga
Freshman-of-the-Year: Asmeron Desta, Appalachian State
Coach-of-the-Year: Bill Gautier, Chattanooga
 *denotes all-conference team

2004 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	29	7. Elon	215
2. Appalachian State	54	8. UNC Greensboro	226
3. Davidson	102	9. Western Carolina	244
4. Furman	106	10. Georgia Southern	290
5. College of Charleston	118	11. The Citadel	295
6. East Tennessee State	165	12. Wofford	312

Women's 5-K Individual Results (October 30, Greenville, S.C.)

Place	Name, School	Time	Place	Name, School	Time
1*	Shannon Wommack, UTC	17:38.95	51	Jessica Kerzie, GSU	20:53.47
2*	Kathleen Turchin, UTC	17:50.28	52	Laura Saffer, UNCG	20:54.06
3*	Lanni Marchant, UTC	18:00.98	53	Kari Burger, ELON	20:55.22
4*	Katie Sujkowski, ASU	18:12.51	54	Tara Mulcahy, ELON	21:01.25
5*	Ashley Arnold, COFC	18:25.08	55	Elizabeth Prevette, WCU	21:05.77
6*	Molly Mungovan, FUR	18:31.35	56	Carolyn Mohr, DAV	21:07.14
7*	Kelly Fillnow, DAV	18:38.10	57	Tiffany Collier, ETSU	21:08.23
8*	Jennifer Kelley, ASU	18:40.13	58	Meghan Fillnow, DAV	21:15.96
9*	Kasey Smith, ASU	18:51.98	59	Abby Wetzel, UNCG	21:17.90
10*	Nettie Halcomb, UTC	18:59.09	60	Wilma Harp, CIT	21:19.96
11	Brittany Crawford, DAV	19:10.32	61	Allie Martin, DAV	21:21.98
12	Brittney Swick, GSU	19:14.42	62	Kimberly Kingston, COFC	21:23.45
13	Ellen Davis, UTC	19:16.34	63	Ryn Lister, WOF	21:30.20
14	Christine Ward, ETSU	19:18.48	64	Jennifer Dooley, COFC	21:31.09
15	Carly Smith, FUR	19:27.13	65	Naomi D'Amours, UNCG	21:32.65
16	Ehrin Irvin, ASU	19:28.00	66	Jessica Weber, UNCG	21:35.59
17	Kelly Rosborough, ASU	19:28.86	67	Erin Lord, UNCG	21:36.06
18	Meghan Gaffney, ASU	19:33.46	68	Becky Weaver, ELON	21:38.00
19	Kyle Palmquist, COFC	19:41.28	69	Stephanie Maltais, UNCG	21:38.62
20	Alana Black, ELON	19:41.80	70	Elise Wallace, WCU	21:39.76
21	Sabrina LeFort, UTC	19:42.73	71	Jaya Abraham, WOF	21:46.77
22	Jennifer Habbestad, ETSU	19:44.21	72	Caroline Corbyons, ELON	21:49.06
23	Wells Trompeter, COFC	19:45.15	73	Amanda Rawl, CIT	21:49.67
24	Anna Brew, DAV	19:45.93	74	Heather Clark, COFC	21:58.90
25	Mo Cambell, FUR	19:48.75	75	Meghan Atkinson, ELON	22:01.67
26	Annie O'Donnell, DAV	19:50.81	76	Christine DeVasto, CIT	22:05.14
27	Takeesha Carter, UNCG	19:56.03	77	Kerrie Savery, WCU	22:06.29
28	Laura Hewston, CIT	19:56.77	78	Katie Wilson, GSU	22:13.10
29	Page Bridges, FUR	19:59.27	79	Mandy Mills, WOF	22:23.79
30	Mallorie Williams, UTC	20:02.72	80	Manda Rogers, CIT	22:31.93
31	Brittany Thompson, FUR	20:04.47	81	Rebecca Singleton, FUR	22:33.01
32	Tricia O'Connell, UNCG	20:05.40	82	Corey Wilson, WOF	22:58.77
33	Elizabeth Rose, COFC	20:08.96	83	Mary Thornton, CIT	23:14.02
34	Ashley Griffith, DAV	20:09.62	84	Dominique Keaton, WCU	23:17.44
35	Deanna Kulesz, WCU	20:11.77	85	Ana Hendrix, GSU	23:29.42
36	Rebecca Mullen, FUR	20:13.93	86	Kristina Lanphear, COFC	23:35.65
37	Katie Poole, FUR	20:15.32	87	Felipa Reyes, CIT	23:42.78
38	Kathryn Boettcher, COFC	20:18.94	88	Katelyn Ealer, ELON	23:52.76
39	Tatiana Arriaran, ETSU	20:21.84	89	Ashley Adamson, WOF	25:24.53
40	Brenna Burns, DAV	20:23.94	90	Katie Isbell, WOF	25:25.76
41	Lauren Bosshardt, WOF	20:25.58	91	Jennifer Spivey, WCU	26:18.74
42	Kristin Trexler, ASU	20:26.69	92	Serenity Thompson, GSU	27:09.80
43	Maggie Hunter, ETSU	20:28.42	93	Alden Ackler, GSU	31:37.14
44	Kelly Chencharik, ELON	20:29.15			
45	Tessa Cook, FUR	20:30.74			
46	Anna Baker, ASU	20:33.69			
47	Leslie Martin, WCU	20:41.45			
48	Tonya Edmonds, WCU	20:47.97			
49	MacKenzie LaBonte, ETSU	20:50.19			
50	Amy Sulser, ELON	20:51.09			

Runner-of-the-Year: Shannon Wommack, Chattanooga
Freshman-of-the-Year: Ashley Arnold, College of Charleston
Coach-of-the-Year: Bill Gautier, Chattanooga
 *denotes all-conference team



2003 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	52	7. UNC Greensboro	147
2. Appalachian State	59	8. The Citadel	215
3. East Tennessee State	98	9. College of Charleston	223
4. Furman	103	10. Elon	253
5. Western Carolina	119	11. Wofford	337
6. Davidson	141		

Men's 8-K Individual Results (November 1, Davidson, N.C.)

Place	Name, School	Time	Place	Name, School	Time
1*	Steven Kocsis, UTC	25:17.51	47	Matt Gooch, FUR	28:34.65
2*	Bradley Yewer, ETSU	25:35.32	48	Sam Robinson, FUR	28:35.59
3*	Caleb Bailey, WCU	25:41.13	49	John Tumbleston, ELON	28:35.83
4*	Kevin Crosby, FUR	25:43.53	50	Nathan Bergeron, COFC	28:38.37
5*	Colin Sullivan, UTC	25:59.80	51	Chris Lynch, WCU	28:41.55
6*	Tyler Johnson, FUR	26:08.44	52	Greg Scott, DAV	28:45.74
7*	Gediminas Banevicius, UTC	26:14.67	53	Greg Kenny, ETSU	28:51.98
8*	Carson Blackwelder, ASU	26:15.52	54	Vince Bechtel, CIT	28:53.47
9*	Joe Halin, ASU	26:16.62	55	Nick Lehman, DAV	28:53.71
10*	Ian Mayne, UTC	26:18.52	56	Elliott Shay, CIT	28:54.41
11	Ben Watkins, WCU	26:25.78	57	Andrew Powell, WOF	28:55.29
12	David Haefner, ETSU	26:41.27	58	Ben Phillips, COFC	28:59.93
13	Nathan Hernandez-Adams, ASU	26:54.58	59	Charles Kutz, CIT	29:01.32
14	Brendon Helms, ASU	27:00.79	60	Jonathon Atkinson, COFC	29:09.83
15	Mark Maddox, ASU	27:02.30	61	Davi Weaverd, ELON	29:11.38
16	Joe Jacobs, UNCG	27:02.63	62	Adam Lindsey, ELON	29:15.58
17	CR Thomas, UNCG	27:03.88	63	Daryl Fields, WCU	29:21.54
18	Chris Schmader, DAV	27:05.50	64	Justin Herman, ELON	29:23.56
19	Matt Stuart, ASU	27:06.68	65	Brian Konczewski, UNCG	29:29.37
20	Adam Puett, WCU	27:10.85	66	Andrew Orr, FUR	29:33.92
21	Peter Dalton, ETSU	27:11.95	67	Jeff Trauring, ELON	29:49.71
22	Mike Mitchell, ASU	27:12.00	68	Adam Clontz, ELON	29:52.61
23	Eric Albrecht, FUR	27:13.00	69	William Wilson, CIT	29:53.46
24	Ryan Toler, ASU	27:21.83	70	Joseph O'Neil, COFC	30:04.24
25	Austin Mercadante, DAV	27:29.70	71	Thomas Wilkey, UNCG	30:07.61
26	Aubrey Florence, COFC	27:31.99	72	Doug, COFC	30:20.44
27	Chad Carpenter, UNCG	27:35.36	73	Malcolm White, ELON	30:28.46
28	Nicolas Vaccaro, UNCG	27:35.61	74	Daniel Quinn, ELON	30:48.79
29	James Grufferty, ETSU	27:36.63	75	John Doehring, DAV	31:06.55
30	Robert Hatcher, UTC	27:36.83	76	Ben Pauli, WOF	31:19.13
31	Ben Gaspar, DAV	27:39.59	77	Dylan Hermelee, WCU	31:21.34
32	Mitch Gober, FUR	27:39.80	78	David Fulp, UNCG	31:22.60
33	Brett Willis, ELON	27:40.09	79	Tim Goldsack, UNCG	31:30.83
34	Matt Rhodes, DAV	27:44.86	80	George Tozer, COFC	31:35.36
35	Robert Killian, CIT	27:47.23	81	John Cheeks, WOF	31:43.65
36	Joshua Hicks, ETSU	27:52.77	82	Greg Clark, WOF	35:23.66
37	Jonathan Baker, DAV	28:01.83	83	Chris Shugart, WOF	35:50.55
38	James Irwin, WCU	28:06.03	84	Matt Rusk, WOF	35:50.88
39	Matt Holmes, CIT	28:06.90			
40	Jamie Bach, FUR	28:07.92			
41	Brian Deal, ASU	28:09.41			
42	Marc Quesenberry, CIT	28:16.30			
43	John Gillum, COFC	28:17.37			
44	Linas Salkauskas, UTC	28:26.87			
45	Nick Reinhardt, FUR	28:27.15			
46	Dave Bunge, DAV	28:28.31			

Runner-of-the-Year: Steve Kocsis, Chattanooga
Freshman-of-the-Year: Brandon Helms, Appalachian State
Coach-of-the-Year: Bill Gautier, Chattanooga
 *denotes all-conference team

2003 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Davidson	75	7. Georgia Southern	197
2. Furman	76	8. East Tennessee State	207
3. Appalachian State	80	9. College of Charleston	214
4. Western Carolina	105	10. Elon	234
5. UNC Greensboro	113	11. The Citadel	294
6. Chattanooga	131	12. Wofford	357

Women's 5-K Individual Results (November 1, Davidson, N.C.)

Place	Name, School	Time	Place	Name, School	Time
1*	Katie Sujkowskii, ASU	18:39.81	47	Elizabeth Rose, COFC	20:49.30
2*	Kelly Fillnow, DAV	19:01.49	48	Cailin Lynch, ASU	20:51.95
3*	Heidi Sloop, UNCG	19:09.89	49	Janelle Silverman, ASU	20:54.21
4*	Beverley Roberts, FUR	19:10.24	50	Sarah Johnson, FUR	20:58.59
5*	Kathleen Turchin, UTC	19:13.25	51	Melissa Reyes, GSU	21:01.89
6*	Lanni Marchant, UTC	19:15.90	52	Chelsea Jacobs, ASU	21:07.40
7*	Whitney Sharp, FUR	19:20.15	53	Suzanna Bailey, FUR	21:08.93
8*	Deanna Kulesz, WCU	19:26.00	54	Tiffany Collier, ETSU	21:09.33
9*	Eleanor Wilson, UNCG	19:27.32	55	Laura Hewston, CIT	21:11.28
10*	Molly Mungovan, FUR	19:31.11	56	Kelly Sandler, COFC	21:14.24
11	Alissa Short, WCU	19:35.97	57	Kimberly Kingston, COFC	21:18.11
12	Jennifer Kelley, ASU	19:46.16	58	Takeesha Carter, UNCG	21:20.88
13	Stephanie Atkins, ASU	19:47.07	59	Samantha Geis, UNCG	21:21.13
14	Sally Stanhope, DAV	19:48.11	60	Tatiana Arriaran, ETSU	21:27.50
15	Nettie Halcomb, UTC	19:51.95	61	Julie Prather, GSU	21:32.30
16	Kathy Oldham, UNCG	19:53.02	62	Tessa Cook, FUR	21:32.90
17	Jenna Kruppa, DAV	19:55.69	63	Kari Burger, ELON	21:35.30
18	Anna Brew, DAV	19:57.19	64	Amy Sulser, ELON	21:36.94
19	Melanie Cooper, WCU	20:02.20	65	Caroline Corbyons, ELON	21:41.79
20	Alana Black, ELON	20:03.25	66	Becky Signoretti, WCU	21:44.80
21	Brittney Swick, GSU	20:04.17	67	Katie Marshall, ETSU	21:49.73
22	Kasey Smith, ASU	20:05.43	68	Meredith Craig, COFC	21:58.64
23	Becky Witkop, COFC	20:06.34	69	Mallorie Williams, UTC	22:02.80
24	Katherine Hatch, DAV	20:07.41	70	Naomi D'Amours, UNCG	22:07.01
25	Laura Puckett, DAV	20:09.66	71	Lillian Ciany, ELON	22:09.33
26	Clara Crossman, CIT	20:10.59	72	Sarah Robinson, ELON	22:13.09
27	Carly Smith, FUR	20:11.73	73	Katie Wilson, GSU	22:19.26
28	Brittany Thompson, FUR	20:13.36	74	Amanda Rawl, CIT	22:23.84
29	Jerrine Peeler, WCU	20:14.06	75	Ashley Adamson, WOF	22:25.48
30	Katie Poole, FUR	20:14.99	76	Jessica Kerzie, GSU	22:38.33
31	Emily Chaney, ETSU	20:15.78	77	Becca Dougherty, ELON	22:42.08
32	Noel Smith, ASU	20:16.26	78	Corey Wilson, WOF	22:50.01
33	Stephanie McFadden, GSU	20:17.23	79	Megan Barnes, WCU	23:01.59
34	Marivi Mercado, ASU	20:22.33	80	Nichole Dahlin, WOF	23:11.96
35	Christine Ward, ETSU	20:23.25	81	Katherine Lister, WOF	23:42.54
36	Allie Martin, DAV	20:24.23	82	Mandy Mills, WOF	23:45.71
37	Jennifer Habbestad, ETSU	20:25.27	83	Elizabeth Harris, CIT	24:26.59
38	Tonya Edmonds, WCU	20:26.78	84	Lidia Murillo, CIT	24:28.85
39	Melissa Daugherty, GSU	20:36.83	85	Kasey White, CIT	25:35.21
40	Clara Urquhart, ELON	20:38.44	86	Brittney Guerry, CIT	26:24.26
41	Jessica Weber, UNCG	20:40.78			
42	Channel Lemon, UTC	20:42.03			
43	Kathryn Boettcher, COFC	20:43.16			
44	Kristin Irwin, UNCG	20:44.00			
45	Sarah Baxter, DAV	20:45.30			
46	Carolyn Mohr, DAV	20:47.07			

Runner-of-the-Year: Katie Sujkowskii, Appalachian State

Freshman-of-the-Year: Kathleen Turchin, Chattanooga

Coach-of-the-Year: Jennifer Straub, Davidson

* denotes all-conference



2002 Men's Cross Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	63	7. The Citadel	203
2. Chattanooga	68	8. VMI	214
3. Western Carolina	74	9. UNC Greensboro	225
4. East Tennessee State	83	10. College of Charleston	291
5. Furman	99	11. Wofford	342
6. Davidson	140		

Men's 8-K Individual Results (November 2, Dixie Plantation, Charleston, S.C.)

Place	Name	Time	Place	Name	Time
*1.	Gediminas Banevicius, UTC	24:50	43.	Chris Bohle, ASU	27:14
*2.	Kevin Crosby, FUR	24:55	44.	Paul Dable, ETSU	27:14
*3.	Adam Puett, WCU	24:58	45.	Evan Richardson, ASU	27:18
*4.	Bradley Yewer, ETSU	25:00	46.	Mitchell Gober, FUR	27:21
*5.	Michael Reed, ASU	25:13	47.	Colby Broadwater, DAV	27:23
*6.	David Haefner, ETSU	25:16	48.	Brad Pericelli, CIT	27:30
*7.	Ryan Toler, ASU	25:17	49.	Marc Quesenberry, CIT	27:32
*8.	James Grufferty, ETSU	25:17	50.	Matthew Gooch, FUR	27:35
*9.	Grady Powell, FUR	25:20	51.	Blake Faller, VMI	27:38
*10.	Benn Watkins, WCU	25:22	52.	Eddie Vick, WCU	27:45
11.	Carson Blackwelder, ASU	25:24	53.	Jonathan Johnson, VMI	27:47
12.	Linas Salkauskas, UTC	25:28	54.	Kevin Bell, DAV	27:47
13.	Jesse Norman, WCU	25:32	55.	William Whitaker, FUR	27:48
14.	Caleb Bailey, WCU	25:35	56.	Mark Hamilton, VMI	27:50
15.	Matt Nolan, UNCG	25:35	57.	Vince Bechtel, CIT	27:56
16.	Tyler Johnson, FUR	25:36	58.	Chris Cousins, UNCG	28:02
17.	Robert Hatcher, UTC	25:46	59.	James Irwin, WCU	28:18
18.	Ian Mayne, UTC	25:50	60.	Warren Woolfolk, CIT	28:33
19.	Franklin Manchester, ASU	25:53	61.	Jonathan Lee Atkinson, CofC	28:41
20.	Colin Sullivan, UTC	25:54	62.	Daniel Trantham, UNCG	28:43
21.	Derrick Williamson, ASU	25:59	63.	Andrew Mullen, FUR	28:48
22.	Peter Dalton, ETSU	26:03	64.	Jason Harnett, WCU	29:01
23.	Brad Becken, DAV	26:04	65.	Matt Supple, CIT	29:06
24.	Robert Killian, CIT	26:05	66.	James Bussell, UNCG	29:19
25.	Lance Parker, ASU	26:12	67.	Justin Branch, UNCG	29:26
26.	Matt Stuart, ASU	26:17	68.	Joseph O'Neil, CofC	29:29
27.	Greg Scott, DAV	26:20	69.	Shawn Hagan, VMI	29:33
28.	Matthew Goodwin, FUR	26:23	70.	Joshua Gibson, ETSU	29:38
29.	Austin Mercadante, DAV	26:26	71.	Matt Power, CIT	29:43
30.	Chris Schmader, DAV	26:29	72.	Andre Caldwell, WOF	30:00
31.	Jonathan Baker, DAV	26:32	73.	Damian McAleavey, CofC	31:03
32.	Steven Kocsis, UTC	26:34	74.	Josh Skinner, WOF	31:06
33.	Ryan Walker, VMI	26:40	75.	John Cheeks, WOF	31:21
34.	Phillip Ramsey, WCU	26:41	76.	Douglas Moody, CofC	31:56
35.	Nick Gastley, CIT	26:53	77.	Mark Farthing, WOF	32:17
36.	Andrew Schoewe, DAV	26:57	78.	Benjamin Phillips, CofC	33:06
37.	Aubry Florence, CofC	26:58	79.	Matt Rusk, WOF	36:34
38.	Jose Zavala, UNCG	26:58			
39.	Paul Reynard, UTC	27:02			
40.	Jimmy Swansbrough, DAV	27:07			
41.	Thomas Gorski, VMI	27:09			
42.	Nick Mazzenga, VMI	27:11			

Runner-of-the-Year: Gediminas Banevicius, Chattanooga
Freshman-of-the-Year: James Grufferty, East Tennessee State
Coach-of-the-Year: Mike Curcio, Appalachian State
*denotes all-conference team

2002 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	43	7. Georgia Southern	200
2. Chattanooga	60	8. Western Carolina	201
3. Davidson	70	9. VMI	222
4. Furman	87	10. College of Charleston	269
5. UNC Greensboro	142	11. Wofford	338
6. East Tennessee State	182	12. The Citadel	364

Women's 5-K Individual Results (November 2, Dixie Plantation, Charleston, S.C.)

Place	Name	Time	Place	Name	Time
*1.	Shannon Wommack, UTC	17:42	49.	Kiristin Irwin, UNCG	19:53
*2.	Sarah Primeau, ASU	17:49	50.	Megan Kellogg, WCU	19:59
*3.	Katie Sujkowski, ASU	18:03	51.	Stephanie McFadden, GSU	19:59
*4.	Jennifer Kelley, ASU	18:06	52.	Misty Tilson, UNCG	20:04
*5.	Gina Recher, UTC	18:08	53.	Emily Smothers, WOF	20:05
*6.	Anna Brew, DAV	18:10	54.	Julie Prather, GSU	20:07
*7.	Beverly Roberts, FUR	18:11	55.	Tessa Cook, FUR	20:08
*8.	Ellen Davis, UTC	18:17	56.	Whitney Woods, WCU	20:13
*9.	Whitney Kay Sharp, FUR	18:22	57.	Becky Witkop, CofC	20:15
*10.	Heidi Sloop, UNCG	18:30	58.	Melissa Reyes, GSU	20:15
11.	Amy Doolittle, UTC	18:38	59.	Katherine Poole, FUR	20:17
12.	Laura Puckett, DAV	18:39	60.	Jennifer Habbestad, ETSU	20:17
13.	Emily Chaney, ETSU	18:42	61.	Elizabeth Rose, CofC	20:19
14.	Sally Stanhope, DAV	18:44	62.	Olivia Perry-Smith, CIT	20:40
15.	Noel Smith, ASU	18:48	63.	Ehrin Irvin, ASU	20:40
16.	Brittney Swick, GSU	18:49	64.	Tonya Edmonds, WCU	20:57
17.	Sarah Baxter, DAV	18:52	65.	Karen Wheeler, VMI	20:58
18.	Molly Mungovan, FUR	18:54	66.	Tiffany Collier, ETSU	21:01
19.	Chelsea Jacobs, ASU	18:57	67.	Erin Smith, CofC	21:03
20.	Missy Dock, ASU	19:01	68.	Brooke Kittinger, DAV	21:04
21.	Liz Gross, DAV	19:06	69.	Kathryn Boettcher, CofC	21:05
22.	Marivi Mercado, ASU	19:13	70.	Jaya Abraham, WOF	21:11
23.	Brittany Thompson, FUR	19:14	71.	Mallorie Williams, UTC	21:12
24.	Amber Blain, VMI	19:17	72.	Valerie Banning, UNCG	21:14
25.	Alissa Short, WCU	19:19	73.	Becky Signoretti, WCU	21:21
26.	Katie Marshall, ETSU	19:20	74.	Megan Johnson, ETSU	21:26
27.	Deanna Kulesz, WCU	19:21	75.	Brittany Hunyadi, CofC	21:30
28.	Morgan Cole, UNCG	19:23	76.	Melissa Ward, VMI	21:38
29.	Alia Hamad, VMI	19:24	77.	Nicolette Weaver, VMI	21:43
30.	Janelle Silverman, ASU	19:25	78.	Stephanie Stalnaker, CofC	21:48
31.	Caroline Smith, FUR	19:34	79.	Corey Wilson, WOF	21:49
32.	Eleanor Wilson, UNCG	19:34	80.	Randi Miles, WCU	21:51
33.	Rebekah Potts, FUR	19:34	81.	Meredith Craig, CofC	22:15
34.	Kelly Sandler, CofC	19:35	82.	Sandy Desbevoise, CofC	22:20
35.	Mary Nero, UNCG	19:35	83.	Laura Gisinger, CIT	22:24
36.	Channel Lemon, UTC	19:36	84.	Kasey White, CIT	22:26
37.	Hilary Leister, DAV	19:36	85.	Emily Smith, WOF	22:37
38.	Lindsey Nye, GSU	19:37	86.	Ashley Adamson, WOF	23:01
39.	Sarah Anne Johnson, FUR	19:40	87.	Rachel Smithson, WOF	23:46
40.	Crystal Rayle, UNCG	19:43	88.	Holly Smith, WOF	23:59
41.	Malgosia Wiesak, VMI	19:44	89.	Stacey Horton, WOF	24:40
42.	Christine Ward, ETSU	19:44	90.	Steffanie Snyder, CIT	26:27
43.	Lanni Marchant, UTC	19:45	91.	Catrina Moore, CIT	27:28
44.	Tricia O'Connell, UNCG	19:46			
45.	Emily Einstein, DAV	19:47			
46.	Mary Rebok, GSU	19:50			
47.	Kim Simmons, ETSU	19:52			
48.	Jerrine Peeler, WCU	19:53			

Runner-of-the-Year: Shannon Wommack, Chattanooga
Freshman-of-the-Year: Jennifer Kelley, Appalachian State
Coach-of-the-Year: Jennifer Straub, Davidson
 *denotes all-conference team



2001 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	39	6. East Tennessee State	144
2. Chattanooga	72	7. Furman	147
3. Western Carolina	93	8. The Citadel	198
4. Davidson	134	9. College of Charleston	221
5. UNC Greensboro	137	10. VMI	242

Men's 8-K Individual Results (October 27, Charleston, S.C.)

Place	Name	Time	Place	Name	Time
*1.	Jesse Norman, WCU	24:48	43.	Richard Hamlin, CIT	26:55
*2.	Bradley Yewer, ETSU	24:54	44.	Jay Jahnes, DAV	26:57
*3.	Caleb Bailey, WCU	24:55	45.	Dave Bunge, DAV	26:58
*4.	Shawn Evans, ASU	25:01	46.	Nick Reinhardt, FUR	26:59
*5.	Joe Halin, ASU	25:03	47.	Kevin Bell, DAV	27:04
*6.	Dan Bigson, DAV	25:04	48.	Aubrey Florence, CofC	27:07
*7.	Steven Kocsis, UTC	25:05	49.	Ryan Crise, WCU	27:08
*8.	Michael Reed, ASU	25:08	50.	Lawrence Lockhart, ETSU	27:16
*9.	Ryan Toler, ASU	25:10	51.	Justin Schafer, UNCG	27:18
*10.	Ryan Kendall, UTC	25:12	52.	Mitchell Gober, FUR	27:18
11.	Greg Sprowl, ETSU	25:15	53.	Marc Quesenberry, CIT	27:20
12.	Lars Tveter, UTC	25:25	54.	Brad Pericelli, CIT	27:22
13.	Alan Marion, ASU	25:26	55.	Vince Bechtel, CIT	27:24
14.	Kevin Crosby, FUR	25:31	56.	Worth Allen, WCU	27:26
15.	Ben Schowe, ASU	25:33	57.	Alexander Boykin, VMI	27:28
16.	Ben Watkins, WCU	25:34	58.	Andy Pruett, WCU	27:32
17.	Bret Burns, UTC	25:35	59.	Nick Orenduff, CofC	27:34
18.	Franklin Manchester, ASU	25:42	60.	Colby Broadwater, DAV	27:39
19.	Chris Adams, UNCG	25:45	61.	James Irwin, WCU	27:40
20.	Robert Killian, CIT	25:45	62.	Nicholas Battle, VMI	27:43
21.	Joseph Jacobs, UNCG	25:47	63.	Jamie Sternburg, FUR	27:46
22.	David Haefner, ETSU	25:48	64.	John Gillum, CofC	27:48
23.	Brad Ferguson, ASU	25:49	65.	James Skelton, CIT	27:49
24.	Derrick Williamson, ASU	25:50	66.	Alex Gernandt, VMI	27:49
25.	Brandt Wallace, CofC	25:53	67.	Stephen Donohoe, CIT	27:59
26.	Michael Jaquins, UNCG	25:53	68.	Michael Lokale, VMI	28:07
27.	Rocky Bilotta, UNCG	25:53	69.	Mike Farkas, ETSU	28:11
28.	Aaron Prieur, UTC	25:55	70.	Matt Goodwin, FUR	28:32
29.	Danny Maurer, FUR	25:57	71.	Craig Miller, CIT	28:34
30.	Brad Becken, DAV	25:58	72.	Blake Medica, UNCG	28:38
31.	Tim Briles, FUR	26:04	73.	Felix Guerra, VMI	28:39
32.	Andrew Schowe, DAV	26:16	74.	Mark Hamilton, VMI	28:49
33.	Chris Moulton, UTC	26:32	75.	Jordan Staley, CofC	29:06
34.	Chris Schmader, DAV	26:33	76.	Andre Caldwell, WOF	29:15
35.	Grady Powell, FUR	26:36	77.	Justin Branch, UNCG	29:21
36.	Cory McCall, WCU	26:40			
37.	Sean McElroy, VMI	26:41			
38.	Nick Gastley, CIT	26:43			
39.	Ryan Walker, VMI	26:44			
40.	Jimmy Swansbrough, DAV	26:50			
41.	Philip Ramsey, WCU	26:52			
42.	Mark Groenheide, CofC	26:54			

Runner-of-the-Year: Jesse Norman, Western Carolina
Freshman-of-the-Year: Bradley Yewer, East Tennessee State
Coach-of-the-Year: Mike Curcio, Appalachian State
 *denotes all-conference team

2001 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	28	7. East Tennessee State	166
2. Appalachian State	74	8. College of Charleston	219
3. Western Carolina	85	9. The Citadel	250
4. UNC Greensboro	108	10. Georgia Southern	272
5. Davidson	126	11. VMI	288
6. Furman	130	12. Wofford	385

Women's 5-K Individual Results

(October 27, Charleston, S.C.)

Place	Name	Time	Place	Name	Time
*1.	Gina Recher, UTC	17:54	49.	Amanda Schaeffer, CIT	19:46
*2.	Shannon Wommack, UTC	17:59	50.	Olivia Perry-Smith, CIT	19:47
*3.	Sarah Primeau, ASU	18:03	51.	Becky Witkop, CofC	19:51
*4.	Rosaline Addo, ETSU	18:22	52.	Emily Naslund, VMI	19:52
*5.	Erin Howard, FUR	18:22	53.	Kristin Irwin, UNCG	19:54
*6.	Blair Collins, UTC	18:24	54.	Jennifer Habbestad, ETSU	19:54
*7.	Sally Stanhope, DAV	18:25	55.	Kristin Trexler, ASU	19:55
*8.	Mary Nero, UNCG	18:27	56.	Mary Rebok, GSU	19:57
*9.	Amy Doolittle, UTC	18:28	57.	Kelly Sandler, CofC	20:03
*10.	Ellen Davis, UTC	18:29	58.	Jaqueline Tugman, VMI	20:04
11.	Stephanie Feagin, CofC	18:37	59.	Jessica Tyre, GSU	20:07
12.	Melanie Cooper, WCU	18:38	60.	Alia Hamad, VMI	20:08
13.	Jenny Honeycutt, ASU	18:39	61.	Ehrin Irvin, ASU	20:11
14.	Holly Bright, WCU	18:41	62.	Kim Simmons, ETSU	20:13
15.	Emily Chaney, ETSU	18:50	63.	Heather Waters, UNCG	20:15
16.	Heather Needham, ASU	18:52	64.	Melissa Reyes, GSU	20:18
17.	Emily Furr, UNCG	18:54	65.	Malgosia Wiesak, VMI	20:45
18.	Megan Thacker, WCU	18:55	66.	Manda Orson, CIT	20:46
19.	Alisha Little, ASU	18:56	67.	Brooke Kittinger, DAV	20:49
20.	Whitney Woods, WCU	18:59	68.	Viann Bolick, CIT	20:50
21.	Tonya Edmonds	19:04	69.	Laura Gisinger, CIT	21:00
22.	Kelly English, UNCG	19:05	70.	Carla Akers, ETSU	21:04
23.	Missy Dock, ASU	19:05	71.	Jill Hollingsworth CofC	21:06
24.	Anna Brew, DAV	19:06	72.	McKensy Gruelle, DAV	21:07
25.	Holly Harring, FUR	19:06	73.	Meredith Craig, CofC	21:18
26.	Liz Gross, DAV	19:07	74.	Jennifer Howard, ETSU	21:19
27.	Vanita Carlson, WCU	19:07	75.	Candace Amos, GSU	21:19
28.	Alissa Short, WCU	19:09	76.	Mariah Green, VMI	21:20
29.	Jenna Kruppa, DAV	19:09	77.	Katherine Boettcher, CofC	21:28
30.	Jessie Stackhouse, WCU	19:11	78.	Hannah Goddard, GSU	21:29
31.	Morgan Cole, UNCG	19:12	79.	Marlo Mincey, GSU	21:45
32.	Heidi Sloop, UNCG	19:15	80.	Karen Wheeler, VMI	21:47
33.	Molly Mungovan, FUR	19:16	81.	Hannah Lienert, CofC	21:52
34.	Whitney Kay Sharp, FUR	19:16	82.	Marie Sipe, FUR	21:58
35.	Sharon Hacker, CIT	19:17	83.	Peaches Hudson, CIT	22:09
36.	Kim Roush, FUR	19:18	84.	Tineke Misegades, UNCG	22:12
37.	Julie Stackhouse, FUR	19:20	85.	Bidya Marriot, UNCG	22:47
38.	Tessa Cook, FUR	19:21	86.	Leslie Wilkerson, WOF	23:13
39.	Lindsey Nye, GSU	19:22	87.	Jennifer Gilstrap, WOF	23:34
40.	Lauren Campbell, ETSU	19:27	88.	Adrienne Barnett, WOF	24:24
41.	Jerrine Peeler, WCU	19:29	89.	Katherine Reed, WOF	24:35
42.	Laura Puckett, DAV	19:30	90.	Holly Smith, WOF	25:43
43.	Emily Einstein, DAV	19:32			
44.	Holly Bednarek, CofC	19:33			
45.	Beverly Roberts, FUR	19:35			
46.	Chelsea Jacobs, ASU	19:36			
47.	Lindley Swartz, DAV	19:37			
.	Janelle Silverman, ASU	19:38			

Runner-of-the-Year: Gina Recher, Chattanooga
Freshman-of-the-Year: Shannon Wommack, Chattanooga
Coch-of-the-Year: Bill Gautuier, Chattanooga
 *denotes all-conference team



2000 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	43	6. Davidson	161
2. Chattanooga	91	8. Western Carolina	163
3. Furman	115	9. East Tennessee State	169
4. The Citadel	121	10. College of Charleston	278
5. VMI	138	11. Wofford	311
6. UNC Greensboro	161		

Men's 8-K Individual Results (October 28, Boone, N.C.)

Place	Name	Time	Place	Name	Time
*1.	Ryan Kendall, UTC	25:13	44.	John Niederhaus, VMI	27:36
*2.	Ben Bisette, ASU	25:17	45.	Michael Lokale, VMI	27:37
*3.	Joseph Smith, VMI	25:27	46.	Cory McCall, WCU	27:42
*4.	Curtis Gadela, UTC	25:39	47.	Scott Sutter, CIT	27:46
*5.	Matt Nolan, UNCG	25:40	48.	Patrick Kwankam, UNCG	27:47
*6.	Andrew Cawood, CIT	25:43	49.	Colby Broadwater, DAV	27:48
*7.	Greg Sprowl, ETSU	25:48	50.	Irving Hunter, WCU	27:52
*8.	Franklin Manchester, ASU	25:49	51.	Jamaal Saunders, ETSU	27:55
*9.	Dwight Thomas, UTC	25:53	52.	Dave BUnge, DAV	28:07
*10.	Shawn Evans, ASU	26:03	53.	Charles Malpass, WOF	28:11
11.	Joseph Halin, ASU	26:04	54.	Philip Ramsey, WCU	28:15
12.	Brad Ferguson, ASU	26:08	55.	Worth Allen, WCU	28:23
13.	Timothy Briles, FUR	26:10	56.	Michael Jaquins, UNCG	28:33
14.	Caleb Bailey, WCU	26:12	57.	David Lee, CofC	28:34
15.	Bret Burns, UTC	26:15	58.	Josh Cooke, UNCG	28:42
16.	Alan Marion, ASU	26:19	59.	Chase Bennett, UNCG	28:42
17.	Ben Schowe, ASU	26:19	60.	Drew Godfrey, WCU	28:42
18.	Jesse Norman, WCU	26:24	61.	James Sternberg, FUR	28:45
19.	David Haefner, ETSU	26:25	62.	Dan Gibson, DAV	28:54
20.	Matthew Goodwin, FUR	26:28	63.	Jason Hough, ETSU	28:56
21.	Jimmy Swansbrough, DAV	26:32	64.	David Barnett, WOF	29:02
22.	James Slagle, ASU	26:34	65.	Ben Gaspar, DAV	29:07
23.	Kevin Crosby, FUR	26:35	66.	Kevin Sullivan, UNCG	29:10
24.	John Gubitosi, Jr., CIT	26:36	67.	Justin Trenta, VMI	29:23
25.	Thomas Gorski, VMI	26:37	68.	Aaron Prieur, UTC	29:24
26.	Brad Becken, DAV	26:41	69.	Keith Chapman, DAV	29:39
27.	Robert Killian, CIT	26:50	70.	Jordan Staley, CofC	30:04
28.	Grady Powell, FUR	26:52	71.	Mark Farthing, WOF	30:22
29.	Ryan Walker, VMI	26:54	72.	Josh Brewer, CofC	30:37
30.	Brandt Wallace, CofC	27:01	73.	John Gillum, CofC	30:43
31.	Richard Hamlin, CIT	27:04	74.	Scott Holloday, FUR	30:56
32.	Andrew Schowwe, DAV	27:05	75.	David Vinson, WOF	31:07
33.	Rob Ball, UNCG	27:06	76.	Andrew Mille, CofC	31:21
34.	Yuri Vanderheijden, FUR	27:07	77.	Josh Skinner, WOF	32:25
35.	Kenan Demir, ASU	27:11	78.	Matt Borders, WOF	32:31
36.	Nathan Hanna, FUR	27:12	79.	Trey Riddle, CofC	32:49
37.	Mitchell Thompson, ETSU	27:13			
38.	Stephen Donohoe, CIT	27:19			
39.	Chris Schmader, DAV	27:20			
40.	Jamie Bedard, UNCG	27:24			
41.	Ben Watkins, WCU	27:24			
42.	Leonard Mitchell, UNCG	27:28			
43.	Christopher Green, VMI	27:35			

Runner-of-the-Year: Ryan Kendall, Chattanooga
Freshman-of-the-Year: Joe Halin, Appalachian State
Coch-of-the-Year: Mike Curcio, Appalachian State
 *denotes all-conference team

2000 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Furman	47	7. Davidson	167
2. Appalachian State	53	8. East Tennessee State	211
3. Chattanooga	72	9. VMI	227
4. UNC Greensboro	136	10. Georgia Southern	288
5. Western Carolina	145	11. The Citadel	291
6. College of Charleston	159	12. Wofford	332

Women's 5-K Individual Results (October 28, Boone, N.C.)

Place	Name	Time	Place	Name	Time
*1.	Mary Jayne Harrelson, ASU	17:17	49.	Marie Sipe, FUR	20:12
*2.	Jill Braley, FUR	17:39	50.	Kristen Vollendorf, ASU	20:13
*3.	Gina Recher, UTC	17:54	51.	Holly Bednarck, CofC	20:14
*4.	Sarah Primeau, ASU	18:11	52.	Alicia Defronzo, WOF	20:15
*5.	Brigid O'Connell, UNCG	18:15	53.	Melissa Charron, GSU	20:16
*6.	Andrea Davis, UTC	18:23	54.	Liz Gross, DAV	20:18
*7.	Stephanie Feagin, CofC	18:25	55.	Emily Einstein, DAV	20:21
*8.	Emily Campbell, ETSU	18:28	56.	Jamie Hollingsworth, UNCG	20:29
*9.	Dana Smith, FUR	18:36	57.	Vanita Carlson, WCU	20:32
*10.	Johanna Allen, ASU	18:38	58.	Niki Hernandez-Adams, UNCG	20:36
11.	Lory Gray, FUR	18:39	59.	Missy Dock, ASU	20:41
12.	Erin Howard, FUR	18:40	60.	Mary Rebok, GSU	20:44
13.	Lynley Roberts, FUR	18:47	61.	Sarah Malone, GSU	20:57
14.	Roselin Addo, ETSU	18:53	62.	Peaches Hudson, CIT	21:01
15.	Channel Lemon, UTC	18:57	63.	Stephanie McFadden, GSU	21:02
16.	Michelle Harris, ASU	18:59	64.	Emily Green, UNCG	21:04
17.	Melanie Cooper, WCU	19:08	65.	Lauren Campbell, ETSU	21:07
18.	Smyth Bitter, DAV	19:12	66.	Brooke Kittinger, DAV	21:12
19.	Kristin Irwin, UNCG	19:12	67.	Rebecca Stewart, VMI	21:16
20.	Allison Brown, CofC	19:14	68.	Shaw Hipsher, DAV	21:21
21.	Whitney Woods, WCU	19:17	69.	Charity Roberts, ETSU	21:22
22.	Jenny Honeycutt, ASU	19:20	70.	Laurie McDaniel, CIT	21:30
23.	Bobbie Jo Davis, UTC	19:26	71.	Viann Bolick, CIT	21:32
24.	Malgorzata Wiesak, VMI	19:27	72.	Emily Smothers, WOF	21:37
25.	Amy Doolittle, UTC	19:32	73.	Rachel Bishop, WOF	21:39
26.	Chelsea Jacobs, ASU	19:33	74.	Alia Hamad, VMI	21:42
27.	Emily Eades, FUR	19:34	75.	Jennifer Howard, ETSU	21:43
28.	Laura Puckett, DAV	19:41	76.	Melissa Reyes, GSU	21:45
29.	Mary Nero, UNCG	19:44	77.	Grace Ridge, ETSU	21:46
30.	Colleen Faes, DAV	19:46	78.	Amanda Orson, CIT	22:04
31.	Rachel Love, VMI	19:47	79.	Mandy Garcia, CIT	22:09
32.	Rebekah Potts, FUR	19:48	80.	Mariah Green, VMI	22:10
33.	Megan Thacker, WCU	19:49	81.	Misty Tilson, UNCG	22:15
34.	Michelle Cooke, UTC	19:50	82.	Leslie Ann Wilkerson, WOF	22:17
35.	Denise Merritt, WCU	19:53	83.	Jennifer Baxley, CIT	22:24
36.	Sharon Hacker, CIT	19:54	84.	Karen Wheeler, VMI	22:25
37.	Becky Witkop, CofC	19:55	85.	Danee Cook, VMI	22:29
38.	Kathleen Billington, ASU	19:55	86.	Josette Maybay, CofC	22:35
39.	Alissa Short, WCU	19:58	87.	Katherine Reed, WOF	22:53
40.	Jenna Kruppa, DAV	20:00	88.	Tiffany Collier, ETSU	22:59
41.	Julie Stackhouse, FUR	20:02	89.	Jennifer Gelstrap, WOF	24:24
42.	Emily Furr, UNCG	20:04	90.	Katrina Evans, CIT	25:44
43.	Kelly English, UNCG	20:05	91.	Holly Smith, WOF	27:25
44.	Jerrine Peeler, WCU	20:06			
45.	Jacqueline Tugman, VMI	20:07			
46.	Catherine Brunk, UTC	20:09			
47.	Holly Bright, WCU	20:10			
48.	Angela Brown, CofC	20:11			

Runner-of-the-Year: Mary Jayne Harrelson, Appalachian State
Freshman-of-the-Year: Johanna Allen, Appalachian State
Coach-of-the-Year: Gene Mullin, Furman
 *denotes all-conference team



1999 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	41	7. Davidson	162
2. Appalachian State	94	8. College of Charleston	169
3. Furman	100	9. Western Carolina	195
4. East Tennessee State	117	10. The Citadel	199
5. VMI	156	11. Wofford	303
6. UNC Greensboro	157		

Men's 8-K Individual Results (October 30, Lexington, Va.)

Place	Name	Time	Place	Name	Time
*1.	Brent Ferrell, DAV	25:35	46.	Eric Jaeger, WCU	27:45
*2.	Curtis Gadula, UTC	25:47	47.	Thomas Gorski, VMI	27:49
*3.	Ben Bisette, ASU	25:52	48.	Pat Burchett, DAV	28:00
*4.	Joe Smith, VMI	25:54	49.	Scott Sutter, CIT	28:03
*5.	Mike Aiken, CofC	25:57	50.	David January, VMI	28:06
*6.	Danielle Lenarduzzi, UTC	25:58	51.	John Gubitosi, CIT	28:07
*7.	Zachary Whitmarsh, ETSU	26:06	52.	Michael Lokale, VMI	28:12
*8.	Kyle McLean, UTC	26:10	53.	Justni Trenta, VMI	28:13
*9.	David Jordan, UNCG	26:11	54.	David Lee, CofC	28:14
*10.	Ryan Kendall, UTC	26:12	55.	Hassan Grari, VMI	28:16
11.	Shane Austin, ASU	26:15	56.	Eric Bridnley, VMI	28:18
12.	Aaron Baird, ETSU	26:16	57.	Brannon Greene, WOF	28:23
13.	Will Dickerson, ASU	26:21	58.	Nathan Hanna, FUR	28:23
14.	Jesse Norman, WCU	26:25	59.	Nick Orenduff, CofC	28:26
15.	Shon Grice, UTC	26:29	60.	Andrew Schowew, DAV	28:26
16.	Greg Sprowl, ETSU	26:40	61.	Alan Marion, ASU	28:27
17.	Yuri Van Der Heijden, FUR	26:41	62.	Peter Mueller, FUR	28:27
18.	Randy Hager, VMI	26:44	63.	Omar Bautista, CIT	28:31
19.	Tim Briles, FUR	26:46	64.	Grady Powell, FUR	28:32
20.	Patrick Dillon, FUR	26:54	65.	Bryan Meador, CofC	28:35
21.	Daniel Hughes, FUR	26:57	66.	Phillip McKay, UNCG	28:41
22.	Justin Griffin, CofC	26:59	67.	Andy Pruett, WCU	28:45
23.	Brian Reinhardt, FUR	27:00	68.	Jay Jahnnes, DAV	28:45
24.	Andrew Cawood, CIT	27:04	69.	Cedric Cooper, UNCG	28:50
25.	Rob Ball, UNCG	27:06	70.	Thomas McElveen, DAV	28:59
26.	Andy Coker, UTC	27:11	71.	Rich Velazquez, ASU	29:11
27.	Leonard Mitchell, UNCG	27:16	72.	Drew Godfrey, WCU	29:32
28.	Kevin Hudnall, UTC	27:17	73.	Aaron Baker, ETSU	29:35
29.	Jay Canty, WCU	27:18	74.	Charles Malpass, WOF	29:37
30.	Richard Hamlin, CIT	27:22	75.	Steve Bayley, UNCG	29:40
31.	Brandt Wallace, CofC	27:23	76.	Will Brumbach, WOF	29:54
32.	Shawn Evans, ASU	27:23	77.	John Gillum, CofC	30:01
33.	Dan Gibson, DAV	27:27	78.	Robert Spicuzza, UNCG	30:07
34.	Jamie Bedard, UNCG	27:29	79.	Steve Johnston, DAV	30:19
35.	James Layne, ASU	27:29	80.	Matt Borders, WOF	31:19
36.	Franklin Manchester, ASU	27:30	81.	Justin Schafer, UNCG	32:46
37.	Chris Green, VMI	27:31	82.	Andrew Delery, CIT	32:47
38.	Kristian Gusmer, WOF	27:31	83.	Josh Skinner, WOF	33:18
39.	William Isenhour, DAV	27:31	84.	Ashley McGee, WOF	33:52
40.	Mitchell Jones, ETSU	27:32			
41.	Jimmy Swansbrough, DAV	27:32			
42.	Patrick Sizemore, ETSU	27:35			
43.	Michael Farmer, WCU	27:41			
44.	Zach Hollis, ASU	27:42			
45.	Nick Trelawney, CIT	27:44			

Runner-of-the-Year: Brent Ferrell, Davidson
Freshman-of-the-Year: Ryan Kendall, Chattanooga
Coach-of-the-Year: Gene Mullin, Furman
 *denotes all-conference team

1999 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. East Tennessee State	41	7. College of Charleston	207
2. Furman	64	8. VMI	213
3. Appalachian State	78	9. Davidson	216
4. Chattanooga	79	10. Wofford	324
5. Western Carolina	87	10. The Citadel	324
6. UNC Greensboro	199	12. Georgia Southern	332

Women's 5-K Individual Results (October 28, Lexington, Va.)

Place	Name	Time	Place	Name	Time
*1.	Mary Jayne Harrelson, ASU	17:47	50.	Theresa Gilligan ASU	20:45
*2.	Catherine Berry, ETSU	18:00	51.	Trudy Gardner, ETSU	20:47
*3.	Amanda Lynch, UTC	18:17	52.	Melanie Cooper, WCU	20:50
*4.	Val Urchison, ETSU	18:43	53.	Avallina Anderson, GSU	20:51
*5.	Jill Braley, FUR	18:45	54.	Jacquie Morgan, UNCG	20:53
*6.	Andrea Davis, UTC	18:46	55.	Jackie Tugman, VMI	20:55
*7.	Kim Hemstreet, ETSU	18:47	56.	Emily Smothers, WOF	21:01
*8.	Heather Needham, ASU	18:49	57.	Alicia Defronzo, WOF	21:04
*9.	Becky Slick, UTC	18:54	58.	Sarah Primeau, ASU	21:09
*10.	Dana Smith, FUR	19:00	59.	Gussie Lord, VMI	21:14
11.	Keeya McManus, WCU	19:06	60.	Lauren Campbell, ETSU	21:18
12.	Tanya Brown, ETSU	19:07	61.	Brooke Kittinger, DAV	21:21
13.	Jenny Warfford, WCU	19:10	62.	Shaw Hipsher, DAV	21:24
14.	Lory Gray, FUR	19:12	63.	Britney Cooke, CofC	21:27
15.	Shawnta Person, WCU	19:16	64.	Cara Musumeci, UNCG	21:28
16.	Emily Campbell, ETSU	19:17	65.	Casey Chiang, DAV	21:33
17.	Lynley Roberts, FUR	19:19	66.	Laura McCandish, DAV	21:34
18.	Erin Howard, FUR	19:27	67.	Virginia Upham, VMI	21:37
19.	Rachel Love, VMI	19:29	68.	Angela Brown, CofC	21:40
20.	Holly Bright, WCU	19:32	69.	Mary Rebok, GSU	21:42
21.	Jennifer Honeycut, ASU	19:42	70.	Sharon Hacker, CIT	21:45
22.	Holly Munis, CofC	19:45	71.	Hana Sykorova, CofC	21:52
23.	Kathy Billington, ASU	19:47	72.	Alia Hamad, VMI	21:56
24.	Anna Day, FUR	19:48	73.	Laura Sams, WOF	21:57
25.	Karen Underwood, ASU	19:49	74.	Peaches Hudson, CIT	21:58
26.	Lucy Billingsley, DAV	19:51	75.	Nicole Smith, GSU	22:04
27.	Natalie Scruggs, UTC	19:54	76.	Amanda Orson, CIT	22:05
28.	Christina Smith, WCU	19:57	77.	Hannah Grimes, DAV	22:06
29.	Stephanie Feagin, CofC	19:59	78.	Amberly Boyle, CIT	22:17
30.	Michelle Cooper, WCU	20:02	79.	Sarah Malone, GSU	22:20
31.	Caroline Bennett, DAV	20:03	80.	Rachel Bishop, WOF	22:21
32.	Allison Unger, ASU	20:07	81.	Rebekah Rush, DAV	22:22
33.	Leslie Avbel, UNCG	20:10	82.	Brooks Alverson, CofC	22:27
34.	Bobbie Jo Davis, UTC	20:12	83.	Jessica Tapin, CofC	22:44
35.	Allison Brown, CofC	20:16	84.	Karen Wheeler, VMI	23:05
36.	Emily Furr, UNCG	20:17	85.	Chrissie Hodges, GSU	23:12
37.	Gina Recher, UTC	20:18	86.	Katherin Reed, WOF	23:21
38.	Leigh Ann Waldrop, UNCG	20:19	87.	Mary Tavares, CofC	23:25
39.	Whitney Woods, WCU	20:21	88.	Danee Cook, VMI	23:30
40.	Julie Stackhouse, FUR	20:23	89.	Allison Ulrich, WOF	23:59
41.	Michelle Cook, UTC	20:24	90.	April Sapp, GSU	24:13
42.	Nikki Hernandez-Adams, UNCG	20:25	91.	Jennifer Miller, GSU	25:12
43.	Jinnah Mucha, FUR	20:26			
44.	Jennifer Tilley, ASU	20:32			
45.	Amy Doolittle, UTC	20:39			
46.	Erin Claunch, VMI	20:40			
47.	Rebecca Stewart, VMI	20:42			
48.	Carolien Little, DAV	20:43			
49.	Mandy Garcia, CIT	20:44			

Runner-of-the-Year: Mary Jayne Harrelson, Appalachian State

Freshman-of-the-Year: Kim Hemstreet, ETSU

Coach-of-the-Year: Gene Mullin Furman, Milan Donley, ETSU

*denotes all-conference team



1998 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	24	7. College of Charleston	190
2. East Tennessee State	45	8. The Citadel	230
3. Appalachian State	99	9. VMI	256
4. Western Carolina	108	10. Georgia Southern	298
5. Davidson	126	11. UNC Greensboro	304
6. Furman	127	12. Wofford	364

Men's 8-K Individual Results

(October 31, Davidson College Cross Country Course, Davidson, N.C.)

Place	Name	Time	Place	Name	Time
*1.	Nic Crider, UTC	25:24	52.	Omar Baytista, Cit	28:58
*2.	Zack Whitmarsh, ETSU	25:38	53.	Alan Marion, ASU	28:58
*3.	Rodney Stoker, UTC	25:52	54.	John Gubitosi, Cit	28:58
*4.	Derek Murphy, ETSU	26:04	55.	Scott Sutter, Cit	28:59
*5.	Kyle McLean, UTC	26:15	56.	Robbie Tigert, GSU	29:01
*6.	Jeremiah Buechner, WCU	26:16	57.	Thomas Sebrell, VMI	29:01
*7.	Mike Leinweber, UTC	26:19	58.	Rusty Benard, ETSU	29:01
*8.	Curtis Gadula, UTC	26:22	59.	Leonard Mitchell, UNCG	29:07
*9.	Shon Grice, UTC	26:25	60.	Assan Grari, VMI	29:09
*10.	Ben Bisette, ASU	26:26	61.	Scott Hutchins, Dav	29:16
11.	Dan Welsh, ETSU	26:31	62.	Nick Orenduff, CofC	29:24
12.	Will Dickerson, ASU	26:35	63.	Joshua Hahnlen, VMI	29:27
13.	Mitchell Jones, ETSU	26:37	64.	William Wessling, VMI	29:32
14.	Derrick Williams, CofC	26:38	65.	Palmer Thomas, Fur	29:33
15.	Aaron Baird, ETSU	26:38	66.	Matt Farkas, ETSU	29:36
16.	Patrick Dillon, Fur	26:41	67.	Brad Ferguson, ASU	29:39
17.	Brent Ferrell, Dav	26:49	68.	James Bullister, UNCG	29:40
18.	Damian Walsh, UTC	26:57	69.	Dave Lee, CofC	29:43
19.	James Layne, ASU	26:59	70.	Peter Mueller, Fur	29:44
20.	Collin Webster, WCU	27:04	71.	Mike Ritz, GSU	29:46
21.	Andy Coker, UTC	27:06	72.	Davey Bacon, Dav	29:48
22.	William Isenhour, Dav	27:08	73.	Brannon Greene, Wof	29:51
23.	Jake Johnson, Fur	27:12	74.	Kristian Gusmet, Wof	29:55
24.	Shane Austin, ASU	27:17	75.	Rich Donohue, VMI	29:58
25.	Josh Cookson, Dav	27:21	76.	John Niederhaus, VMI	30:01
26.	Robert Stephens, WCU	27:24	77.	Alan Simms, ETSU	30:04
27.	Yuri VanderHeijden, Fur	27:25	78.	Craig Potter, VMI	30:12
28.	Nick Trelawney, Cit	27:30	79.	William Brumbach, Wof	30:12
29.	Michael Farmer, WCU	27:31	80.	Jeff Pollard, UNCG	30:14
30.	Matt Lee, WCU	27:33	81.	John Szczesniak, GSU	30:15
31.	Pat Burchett, Dav	27:34	82.	Brad Deal, GSU	30:16
32.	Daniel Hughes, Fur	27:36	83.	Kevin Hudnall, UTC	30:24
33.	Brian Reinhardt, Fur	27:37	84.	Tim Briles, Fur	30:24
34.	Adam Tribble, GSU	27:55	85.	Wes Wolf, GSU	30:26
35.	Thomas McElveen, Dav	28:03	86.	Dave Stoker, GSU	30:35
36.	James Slagle, ASU	28:06	87.	Jeff Howard, WCU	30:40
37.	Brian St. Onge, UNCG	28:09	88.	Dan Cannon, Cit	30:44
38.	Dan Gibson, Dav	28:12	89.	Dale Mullis, GSU	30:49
39.	Daniel Arthur, WCU	28:15	90.	Jamie Bedard, UNCG	31:29
40.	Randy Hager, VMI	28:17	91.	Rob Ball, UNCG	32:01
41.	Mike Aiken, CofC	28:21	92.	Charles Malpass, WOF	32:03
42.	Gregory Sprowl, ETSU	28:24	93.	Ward Burgess, WOF	32:30
43.	Dwayne Brown, CofC	28:34	94.	Daryl Barber, UNCG	33:07
44.	Josh Paris, WCU	28:36	95.	Brad Talbert, WOF	33:38
45.	Daniel Boyers, VMI	28:36	96.	Scott Holloday, Fur	33:52
46.	Tim Gibbons, CofC	28:36	97.	Ashley McGee, WOF	35:10
47.	Shawn Evans, ASU	28:37			
48.	Andrew Cawood, Cit	28:40			
49.	Seth Peoples, ASU	28:45			
50.	Chad Allen, CofC	28:48			
51.	Keith Gordon, Dav	28:53			

Runner-of-the-Year: Nic Crider, Chattanooga
Freshman-of-the-Year: Andy Coker, Chattanooga
Coach-of-the-Year: Bill Gautier, Chattanooga
 *denotes all-conference team

1998 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	24	7. VMI	185
2. Appalachian State	59	8. Wofford	269
3. Western Carolina	65	9. College of Charleston	270
4. Davidson	113	10. Georgia Southern	288
5. Furman	116	11. The Citadel	290
6. UNC Greensboro	163	East Tennessee State	Did Not Score

Women's 5-K Individual Results

(October 31, Davidson College Cross Country Course, Davidson, N.C.)

Place	Name	Time	Place	Name	Time
*1.	Mary Jayne Harrelson, ASU	18:18	48.	Emily Furr, UNCG	21:26
*2.	Amanda Lynch, UTC	18:29	49.	Brigid O'Connell, UNCG	21:33
*3.	Catherine Berry, ETSU	18:31	50.	Marie Site, FUR	21:37
*4.	Becky Slick, UTC	18:36	51.	Heather Gallagher, WOF	21:40
*5.	Jennifer Croft, UTC	18:47	52.	Leigh Ann Waldrop, UNCG	21:45
*6.	Jenny Warford, WCU	18:54	53.	Teri Cutler, UNCG	21:54
*7.	Andrea Davis, UTC	19:00	54.	Hana Sykarova, CofC	21:59
*8.	Lory Gray, FUR	19:19	55.	Jill Neumayer, DAV	22:04
*9.	Laura Walkup, ASU	19:21	56.	Laura Sams, WOF	22:06
*10.	Natalie Scruggs, UTC	19:27	57.	Beth Brewster, DAV	22:17
11.	Emily Campbell, ETSU	19:31	58.	Alicia Defronzo, WOF	22:20
12.	Anne Gardner, WCU	19:38	59.	Danee Cook, VMI	22:22
13.	Megan Fischer, FUR	19:40	60.	Kim Myers, FUR	22:28
14.	Smyth Bitter, DAV	19:41	61.	Peaches Hudson, CIT	22:29
15.	Jessa Brown, WCU	19:43	62.	Jenny Klotz, DAV	22:30
16.	Abby Slack, ASU	19:51	63.	Kelly English, UNCG	22:31
17.	Leah Moore, UTC	19:52	64.	Meredith Sheppard, GSU	22:35
18.	Corye Fuchs, ASU	19:56	65.	Kathryn Rawlings, WOF	22:36
19.	Jami Hollingsworth, UNCG	19:57	66.	Gussie Lord, VMI	22:37
20.	Holly Bright, WCU	20:04	67.	Stephannie Feagin, CofC	22:42
21.	Shawnta Person, WCU	20:08	68.	Brittany Cooke, CofC	22:49
22.	Karen Underwood, ASU	20:10	69.	Sharon Hacker, CIT	22:52
23.	Lucy Billingsley, DAV	20:11	70.	Missy Turpin, WOF	23:06
24.	Christina Smith, WCU	20:14	71.	Joshua Mitchell, CIT	23:11
25.	Suzu Burr, DAV	20:15	72.	Melissa Graham, VMI	23:14
26.	Leslie Avber, UNCG	20:16	73.	Kelly Kiefer, DAV	23:18
27.	Kylene Sorenson, ASU	20:17	74.	Amanda Stewart, ETSU	23:25
28.	Rachel Love, VMI	20:19	75.	Sarah Malone, GSU	23:30
29.	Caroline Little, DAV	20:23	76.	Holly Munnis, CofC	23:35
30.	Lynley Roberts, FUR	20:25	77.	Rachel Bishop, WOF	23:47
31.	Avallina Anderson, GSU	20:28	78.	Linsay Wise, GSU	23:57
32.	Clare Frey, DAV	20:29	79.	Alison Ulrich, WOF	24:03
33.	Kelly Gordan, WCU	20:31	80.	Lauren Campbell, ETSU	24:07
34.	Heather Needham, ASU	20:38	81.	Katherine Reed, WOF	24:34
35.	Jennifer Honeycutt, ASU	20:40	82.	Chrissie Hodges, GSU	25:12
36.	Erin Howard, FUR	20:41	83.	Charmaine Flonnory, GSU	25:38
37.	Niki Adams, UNCG	20:49	84.	April Sapp, GSU	26:07
38.	Denise Merritt, WCU	20:53	85.	Lauria Auger, CIT	27:04
39.	Jacqueline Tugman, VMI	20:56	86.	Amy Walsh, CIT	28:36
40.	Allison Brown, CofC	21:01	87.	Morgan Lynn, CIT	29:26
41.	Carrie Wilson, FUR	21:07	88.	Denise Myers, CofC	29:32
42.	Mandy Garcia, CIT	21:09			
43.	Virginia Upham, VMI	21:16			
44.	Jennifer Tilley, ASU	21:17			
45.	Michelle Cooke, UTC	21:19			
46.	Erin Claunch, VMI	20:20			
47.	Anne Tominack, FUR	21:25			

Runner-of-the-Year: Mary Jayne Harrelson, Appalachian State

Freshman-of-the-Year: Natalie Scruggs, Chattanooga

Coach-of-the-Year: Bill Gautier, Chattanooga

*denotes all-conference team



1997 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	46	7. Furman	162
2. Chattanooga	50	8. Davidson	211
3. East Tennessee State	70	9. Georgia Southern	249
4. Western Carolina	71	10. UNC Greensboro	266
5. VMI	151	11. Wofford	336
6. The Citadel	152		

Men's 8-K Individual Results (November 1, Mill Creek Regional Park, Statesboro, Ga.)

Place	Name	Time	Place	Name	Time
*1.	Nic Crider, UTC	25:18	46.	Omar Bautista, CIT	27:52
*2.	Declan Fahy, ETSU	25:22	47.	Eric Admas, VMI	27:55
*3.	Anthony Famiglietti, ASU	25:25	48.	Jon Maddy, WCU	27:56
*4.	Joe Smith, VMI	25:50	49.	Mike Dumas, GSU	28:02
*5.	Collin Webster, WCU	25:51	50.	Jake Johnson, FUR	28:03
*6.	Brian Clark, WCU	25:51	51.	Seth Caboner, WCU	28:04
*7.	Ben Bisette, ASU	26:01	52.	Mark McCaskill, UNCG	28:06
*8.	Seth Peoples, ASU	26:02	53.	Chuck Jones, GSU	28:08
*9.	Rodney Stoker, UTC	26:03	54.	Mike Maleski, GSU	28:09
*10.	Bill Baldwin, WCU	26:06	55.	Thomas McElveen, DAV	28:12
11.	Daniele Lenarduzzi, UTC	26:10	56.	Andy Ramos, WCU	28:14
12.	Curtis Gadula, UTC	26:11	57.	Ginn White, WOF	28:16
13.	Cory Sitzman, ASU	26:12	58.	Jamie Bedard, UNCG	28:19
14.	Fred Reinhardt, ETSU	26:14	59.	John Gubitosi, CIT	28:19
15.	Stephen Thacker, ASU	26:20	60.	Anthony Scanlon, ETSU	28:20
16.	Roger Clark, ETSU	26:22	61.	Chris Douglas, GSU	28:23
17.	Damian Walsh, UTC	26:24	62.	Elton Oakley, ASU	28:30
18.	Derek Murphy, ETSU	26:28	63.	Jesse Wiseman, CIT	28:31
19.	Andrew Cawood, CIT	26:29	64.	Rob Ball, UNCG	28:31
20.	Mitchell Jones, ETSU	26:30	65.	Pat Burchett, DAV	28:33
21.	Jeremiah Buechner, WCU	26:32	66.	Rick Cratsenberg, DAV	28:37
22.	Peter Brown, FUR	26:35	67.	Brannon Green, WOF	28:48
23.	Brent Ferrell, DAV	26:38	68.	Palmer Thomas, FUR	28:58
24.	Shon Grice, UTC	26:39	69.	Tim O'Keefe, DAV	29:04
25.	James Layne, ASU	26:40	70.	Daniel Boyers, VMI	29:07
26.	Andrew Lilly, CIT	26:42	71.	Wes Wolf, GSU	29:07
27.	Benjamin Cawood, CIT	26:43	72.	Brian Reinhardt, FUR	29:32
28.	Patrick Dillon, FUR	26:49	73.	Matt Hurley, DAV	29:41
29.	Matt Lee, WCU	26:55	74.	Peter Mueller, FUR	29:45
30.	Neil Burt, DAV	26:58	75.	Mason McNeil, GSU	29:48
31.	Yuri VanderHeijden, FUR	27:02	76.	Jody Mitchell, UNCG	30:06
32.	Brian St. Onge, UNCG	27:05	77.	Leonard Mitchell, UNCG	30:07
33.	Jon Gonzales, VMI	27:06	78.	Darryl Barber, UNCG	30:17
34.	Zachary Whitmarsh, ETSU	27:09	79.	Brad Deal, GSU	30:20
35.	Nicholas Trelawney, CIT	27:11	80.	Brad Talbert, WOF	30:29
36.	Randy Hager, VMI	27:12	81.	Bill Newell, WOF	30:53
37.	Derek Poore, VMI	27:15	82.	Victor Talbird, DAV	31:13
38.	Brad Leach, ASU	27:18	83.	Lawd Heintzberg, WOF	32:02
39.	Daniel Hughes, FUR	27:21	84.	Ashley McGee, WOF	35:27
40.	Robbie Tigert, GSU	27:23	85.	I.B. Parnell, WOF	38:53
41.	Josh Hahnen, VMI	27:25			
42.	Shane Austin, ASU	27:26			
43.	Richard Hamlin, FUR	27:26			
44.	Robert Stephens, WCU	27:36			
45.	William Isenhour, DAV	27:41			

Runner-of-the-Year: Nic Crider, Chattanooga
Freshman-of-the-Year: Ben Bisette, Appalachian State
Coach-of-the-Year: Mike Curcio, Appalachian State
 *denotes all-conference team

1997 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	40	6 Davidson	148
2. East Tennessee State	53	7. Georgia Southern	178
3. Furman	91	8. UNC Greensboro	212
4. Appalachian State	102	9. VMI	241
5. Western Carolina	111	10. Wofford	290

Women's 5-K Individual Results (November 1, Mill Creek Regional Park, Statesboro, Ga.)

Place	Name	Time	Place	Name	Time
*1.	Catherine Berry, ETSU.....	17:33	42.	Jinnah Mutha, FUR.....	20:40
*2.	Lynn Kepper-Hudson, FUR.....	17:48	43.	Gussie Lord, VMI	20:41
*3.	Val Urchison, ETSU.....	18:18	44.	Mandy Garcia, CIT	20:42
*4.	Mary Jane Middelkoop, UTC	18:24	45.	Meredith Sheppard, GSU.....	20:43
*5.	Catherine Wright, UTC.....	18:24	46.	Jennifer Tilley, ASU.....	20:45
*6.	Amanda Lynch, UTC	18:30	47.	Clare Frey, DAV	20:45
*7.	Michelle Gregg, ETSU.....	18:32	48.	Cindy Fitzpatrick, GSU	20:46
*8.	Emily Campbell, ETSU.....	18:37	49.	April Famcher, WCU.....	20:47
*9.	Avallina Anderson, GSU	18:39	50.	Stacy Synan, GSU	20:48
*10.	Jenny Warfford, WCU	18:39	51.	Teri Cutler, UNCG	20:51
11.	Anna Wright, UTC.....	18:46	52.	Kelly Kiefer, DAV.....	20:54
12.	Suzy Burr, DAV	18:49	53.	Anna Stafford, UNCG.....	20:54
13.	Corie Fuchs, ASU.....	18:55	54.	Kathryn Rawlings, WOF.....	21:06
14.	Jennifer Croft, UTC.....	19:02	55.	Heather Gallagher, WOF	21:20
15.	Erica Thiemann, WCU.....	19:08	56.	Susan George, GSU.....	21:26
16.	Jenny Chase, ASU.....	19:12	57.	Erin Byerly, UNCG	21:30
17.	Lory Gray, FUR	19:15	58.	Erin Claunch, VMI	21:35
18.	Leah Moore, UTC	19:18	59.	Terry Gantt, UNCG.....	21:41
19.	Rachel Love, VMI.....	19:19	60.	Beth Brewster, DAV	21:49
20.	Abby Reeder, ASU	19:25	61.	Denise Merritt, WCU.....	22:00
21.	Lynley Roberts, FUR.....	19:26	62.	Alison Uirich, WOF	22:06
22.	Cassie Moss, UTC	19:32	63.	Kirsten Feil, FUR	22:12
23.	Jessica Kirkland, WCU	19:36	64.	Maggie Barbosa, DAV	22:22
24.	Megan Fischer, FUR	19:40	65.	Emily Vanarman, VMI	22:26
25.	Laura Walkup, ASU.....	19:43	66.	Melinda Lynch, ASU	22:38
26.	Allie Curran, DAV	19:43	67.	Jennifer Miller, GSU	22:53
27.	Nicole Yosmali, FUR.....	19:45	68.	Michaele Mata, WOF	22:57
28.	Karen Underwood, ASU	19:48	69.	Kim Herbert, VMI	23:19
29.	Smyth Bitter, DAV	19:51	70.	Alicia DeFranzo, WOF.....	23:27
30.	Melissa Burnette, GSU	19:58	71.	Melissa Graham, VMI.....	23:28
31.	Charlotte Robson, WCU	19:59	72.	Chrissie Hodges, GSU	23:31
32.	Anne Gardner, WCU	20:00	73.	Karen Palermo, UNCG.....	23:37
33.	Leigh Ann Waldrop, UNCG.....	20:02	74.	April Sapp, GSU	23:52
34.	Lisa Dowling, ETSU	20:05	75.	Katie Lannon, DAV	25:17
35.	Jill Neumayer, DAV	20:14			
36.	Addie Bower, ASU	20:19			
37.	Kelly Gordon, WCU	20:21			
38.	Emily Eades, FUR	20:25			
39.	Leslie Avbel, UNCG	20:28			
40.	Brigid O'Connell, UNCG.....	20:37			
41.	Jessa Brown, WCU.....	20:39			

Runner-of-the-Year: Catherine Berry, East Tennessee State

Freshman-of-the-Year: Catherine Wright, Chattanooga

Coach-of-the-Year: Bill Gautier, Chattanooga

*denotes all-conference team



1996 Men's Cross Championship

Team Results

Team Finish	Points	Team Finish	Points
1. East Tennessee State	54	6. VMI	148
2. Appalachian State	57	7. Furman	166
3. Western Carolina	72	8. The Citadel	236
4. Chattanooga	81	9. Georgia Southern	247
5. Marshall	134	10. Davidson	262

Men's 8-K Individual Results

(November 2 at Cullowhee, N.C.)

Place	Name	Time	Place	Name	Time
*1.	Nic Crider, UTC	25:48	46.	Fred Reinhardt, ETSU	27:48
*2.	Bill Baldwin, WCU	25:50	47.	Philip Reece, ASU	27:49
*3.	DeClan Fahy, ETSU	25:52	48.	Ray Wallen, WCU	27:49
*4.	Anthony Famiglietti, ASU	25:59	49.	Stephen Kimes, Marshall	27:50
*5.	John Fenton, ETSU	26:09	50.	Daniel Hughes, Furman	27:52
*6.	Stephen Thacker, ASU	26:14	51.	Eric Adams, VMI	27:55
*7.	Will Dickerson, ASU	26:18	52.	Shawn Bartram, Marshall	27:57
*8.	Turner Norris, WCU	26:19	53.	Kevin Croft, UTC	28:01
*9.	Brian Clark, WCU	26:20	54.	Brandon Griffin, Furman	28:01
*10.	Jud Sarver, ASU	26:23	55.	William Isehour, Davidson	28:01
11.	Anthony Scanlon, ETSU	26:23	56.	Brent Ferrell, Davidson	28:02
12.	Benjamin Cawood, Citadel	26:25	57.	Noel DeHaven, Marshall	28:03
13.	Brian DeRose, Marshall	26:26	58.	Palmer Thomas, Furman	28:11
14.	Russ Sweitzer, VMI	26:29	59.	Stephen Moss, WCU	28:14
15.	Mike Leinweber, UTC	26:37	60.	Danny Boyers, VMI	28:20
16.	Roger Clark, ETSU	26:39	61.	Dave Foss, Davidson	28:27
17.	Jake Johnson, Furman	26:40	62.	Matt Lee, WCU	28:28
18.	Shon Grice, UTC	26:43	63.	Thomas McElveen, Davidson	28:34
19.	Derek Murphy, ETSU	26:45	64.	Tony Rivera, Furman	28:38
20.	Jon Gonzales, VMI	26:48	65.	Tripp Franklin, Davidson	28:46
21.	Daniele Lenarduzzi, UTC	26:49	66.	Brian Reinhardt, Furman	28:50
22.	Andy Ramos, WCU	26:53	67.	Brian Roeder, VMI	28:53
23.	Peter Brown, Furman	26:55	68.	Eric Bourklan, ASU	28:56
24.	Ben Redman, Marshall	26:58	69.	James Keith, Citadel	28:58
25.	Mark Johnson, ETSU	26:58	70.	John Norton, GSU	29:00
26.	Peter Bramer, UTC	27:05	71.	Shadrack Hendricks, Citadel	29:20
27.	Patrick Dillon, Furman	27:08	72.	Mike Maleski, GSU	29:21
28.	Michael Murphy, Marshall	27:10	73.	Victor Talbird, Davidson	29:26
29.	Derek Poore, VMI	27:10	74.	Mason McNeil, GSU	29:30
30.	Shane Austin, ASU	27:11	75.	Chris Sandover, GSU	29:40
31.	Jeremiah, Buechner, WCU	27:19	76.	Jesse Wiseman, Citadel	29:49
32.	Andrew Lilly, Citadel	27:20	77.	Nicholas Trelawney, Citadel	29:50
33.	Kyle McLean, UTC	27:23	78.	Will Broneill, Furman	30:01
34.	James Kramer, Marshall	27:23	79.	Robert Youngren, VMI	30:08
35.	David Lyle, Marshall	27:26	80.	Rick Cratsenberg, Davidson	30:15
36.	Joe Smith, VMI	27:27	81.	Kenneth Harwood, Citadel	30:20
37.	Cory Sitzman, ASU	27:29	82.	Omar Bautista, Citadel	30:26
38.	Wade Council, GSU	27:30	83.	Pat Burchett, Davidson	30:30
39.	Mitchell Jones, ETSU	27:31	84.	Brad Deal, GSU	30:31
40.	Mike Dumas, GSU	27:32			
41.	Jeff Howard, WCU	27:33			
42.	Tim Himes, ASU	27:33			
43.	Chuck Jones, GSU	27:36			
44.	Josh Cookson, Davidson	27:42			
45.	Dan Bailey, Marshall	27:47			

Runner-of-the-Year: Nic Crider, UT-Chattanooga

Freshman-of-the-Year: Anthony Famiglietti, Appalachian State

Coach-of-the-Year: Dave Walker, East Tennessee State

*denotes all-conference team

1996 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	33	5. Marshall	103
2. East Tennessee State	68	6. Western Carolina	136
3. Furman	81	7. Georgia Southern	184
4. Chattanooga	88	8. Davidson	227

Women's 5-K Individual Results (November 2 at Cullowhee, N.C.)

Place	Name	Time	Place	Name	Time
*1.	Lynn Kepper-Hudson, Furman	18:19	36.	Abby Slack, ASU.....	20:31
*2.	Mary Jo Ferrigan, ETSU.....	18:26	37.	Erica Thiemann, WCU.....	20:32
*3.	Christina Olson, ASU	18:35	38.	Allie Curran, Davidson.....	20:36
*4.	Mary Jayne Harrelson, ASU.....	18:38	39.	Marnie Iarabee, Furman.....	20:40
*5.	Jenny Chase, ASU	18:39	40.	Cassie Moss, UTC	20:46
*6.	Mary Jane Middelkoop, UTC	18:47	41.	Laura Nowels, Marshall	20:47
*7.	Michelle Gregg, ETSU	18:52	42.	Meredith Novack, GSU	20:48
*8.	Rhoda Maron, Furman.....	18:57	43.	Maggie Donahue, WCU.....	20:49
*9.	Kristin Savery, WCU	18:57	44.	Jessica Lucas, Marshall	20:53
*10.	Corie Fuchs, ASU.....	18:59	45.	Bridget McHale, UTC	21:00
11.	Abby Reeder, UTC	19:05	46.	Beth Brewster, Davidson.....	21:01
12.	Amanda Lynch, UTC	19:10	47.	Anne Gardner, WCU	21:14
13.	Jenni Walby, ETSU	19:12	48.	Kirsten Feil, Furman	21:40
14.	Addie Bower, ASU	19:13	49.	Meredith Sheppard, GSU.....	21:47
15.	Becky Pouch, Marshall.....	19:17	50.	Karen Underwood, ASU.....	21:59
16.	Valerie Urchison, ETSU	19:22	51.	Kate Pittenger, Davidson.....	22:06
17.	Lindsay Pinkney, Marshall	19:24	52.	Amy Frazier, GSU	22:11
18.	Holley Cooper, Furman	19:26	53.	Kelly Keiter, Davidson	22:13
19.	Lisa Sopko, Marshall.....	19:27	54.	Stephanie McKinney, Marshall	22:13
20.	Michele Marshall, UTC	19:29	55.	Jenny Klotz, Davidson	22:35
21.	Michelle Bozue, UTC.....	19:32	56.	Katie Lannon, Davidson.....	22:55
22.	Megan Fischer, Furman.....	19:33	57.	Melissa Burnete, GSU.....	23:11
23.	Avallina Anderson, GSU	19:39	58.	Angela Highbaugh, Furman.....	23:36
24.	Kari Velasco, Marshall.....	19:45	59.	Deborah Williams, Davidson.....	23:37
25.	Katie Patrick, ASU	19:47	60.	Amy James, GSU	23:54
26.	Stacy Synan, GSU	19:53	61.	Lisa Pizzolato, Furman	24:06
27.	Jenny Warrford, WCU	19:58	62.	Laura Wolfrom, Davidson.....	25:22
28.	Maureen Hackett, Marshall.....	19:59	63.	Elizabeth Fisher, Davidson	25:25
29.	Leah Moore, UTC	20:04	64.	Chrissie Hidges, GSU	27:39
30.	Lisa Dowling, ETSU	20:06			
31.	Charlotte Robson, WCU	20:08			
32.	Nicole Yosmali, Furman.....	20:10			
33.	Jennifer Eckard, UTC.....	20:14			
34.	Emily Remon, WCU	20:23			
35.	Lisa Karr, WCU.....	20:26			

Runner-of-the-Year: Lynn Kepper-Hudson, Furman
Freshman-of-the-Year: Mary Jayne Harrelson, Appalachian State
Coach-of-the-Year: John Weaver, Appalachian State
 *denotes all-conference team



1995 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. East Tennessee State	40	6. VMI	136
2. Appalachian State	52	7. Georgia Southern	196
3. Western Carolina	68	8. The Citadel	205
4. Chattanooga	81	9. Davidson	212
5. Marshall	127	10. Furman	216

Men's 8-K Individual Results (October 29 at Greenville, N.C.)

Place	Name	Time	Place	Name	Time
*1.	Derek Murphy, East Tennessee.....	25:30	42.	Keith Gunder, Western Carolina.....	28:11
*2.	Tommy Holland, Appalachian State.....	25:34	43.	Peter Brown, Furman.....	28:15
*3.	John Fenton, East Tennessee.....	25:39	44.	Cronan Gantley, East Tennessee.....	28:17
*4.	Seth Peoples, Appalachian State.....	25:43	45.	Byron Buckley, Furman.....	28:19
*5.	Kyle McLean, UT-Chattanooga.....	26:05	46.	Brandon Griffin, Furman.....	28:26
*6.	Declan Fahy, East Tennessee.....	26:09	47.	Robert Youngren, VMI.....	28:29
*7.	Fred Reinhardt, East Tennessee.....	26:17	48.	Jonathan Fly, Davidson.....	28:30
*8.	Russ Sweitzer, VMI.....	26:23	49.	Eric Collings, Davidson.....	28:32
*9.	Chris Huffstickler, Appalachian State.....	26:27	50.	Travis Dowdy, The Citadel.....	28:36
*10.	Jack Murphy, Western Carolina.....	26:35	51.	Wade Council, Georgia Southern.....	28:37
11.	Turner Norris, Western Carolina.....	26:40	52.	Kevin Steiner, Furman.....	28:39
12.	Scott Liebman, Marshall.....	26:44	53.	John Norton, Georgia Southern.....	28:49
13.	Nic Crider, UT-Chattanooga.....	26:45	54.	Chris Koukos, Georgia Southern.....	28:52
14.	Adam Wallen, Western Carolina.....	26:46	55.	Justin Brown, Furman.....	28:53
15.	Brian Clark, Western Carolina.....	26:46	56.	Humes Franklin, Davidson.....	28:55
16.	Will Dickerson, Appalachian State.....	26:48	57.	Jed Wiseman, The Citadel.....	28:57
17.	Derek Poore, VMI.....	26:49	58.	Jeff Gibbs, The Citadel.....	28:59
18.	Collin Webster, Western Carolina.....	26:53	59.	Tim O'Keefe, Davidson.....	29:07
19.	Damian Walsh, UT-Chattanooga.....	26:59	60.	Josh Hahnlen, VMI.....	29:10
20.	Brian Day, UT-Chattanooga.....	27:01	61.	Chris Herring, The Citadel.....	29:11
21.	Judd Sarver, Appalachian State.....	27:02	62.	Chuck Hargraves, UT-Chattanooga.....	29:12
22.	Michael Murphy, Marshall.....	27:05	63.	Bob Mahoney, Appalachian State.....	29:13
23.	Zach Whitmarsh, East Tennessee.....	27:11	64.	Rob Wilson, Furman.....	29:16
24.	Peter Bramer, UT-Chattanooga.....	27:13	65.	William Byrnes, Marshall.....	29:17
25.	Josh Cookson, Davidson.....	27:15	66.	Noel DeHaven, Marshall.....	29:25
26.	Ben Redman, Marshall.....	27:18	67.	Brian Roeder, VMI.....	29:34
27.	Jon Gonzales, VMI.....	27:21	68.	Andy Johnson, Marshall.....	29:42
28.	Jeremiah Buechner, Western Carolina.....	27:24	69.	Brent Nicolay, East Tennessee.....	29:47
29.	Richie Hendricks, The Citadel.....	27:28	70.	Scott Johnson, Marshall.....	29:54
30.	Rodney Stoker, Georgia Southern.....	27:34	71.	Keith Gordon, Davidson.....	29:59
31.	Brian DeRose, Marshall.....	27:36	72.	Chris Wise, VMI.....	29:59
32.	Jimmy Keith, The Citadel.....	27:39	73.	Will Broneill, Furman.....	30:11
33.	David Chambless, Western Carolina.....	27:43	74.	Todd Edwards, Furman.....	30:20
34.	Jake Johnson, Furman.....	27:44	75.	Matt Kuhr, VMI.....	30:23
35.	Dejon Drinks, Georgia Southern.....	27:46	76.	David Stoker, Georgia Southern.....	30:55
36.	Dan Bailey, Marshall.....	27:47	77.	Greg Avra, Georgia Southern.....	31:14
37.	Dave Foss, Davidson.....	27:57			
38.	Steve Johnson, VMI.....	27:59			
39.	Randy Finn, The Citadel.....	28:03			
40.	Charles Jones, Georgia Southern.....	28:07			
41.	Michael Dumas, Georgia Southern.....	28:08			

Runner-of-the-Year: Derek Murphy, East Tennessee State
Freshman-of-the-Year: Derek Murphy, East Tennessee State
Coach-of-the-Year: Dave Walker, East Tennessee State
 *denotes all-conference team

1995 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Furman	39	5. Marshall	119
2. Appalachian State	74	6. East Tennessee	123
3. Chattanooga	84	7. Davidson	164
4. Western Carolina	86	8. Georgia Southern	227

Women's 5-K Individual Results (October 29 at Greenville, N.C.)

Place	Name	Time	Place	Name	Time
*1.	Heather VandeBrake, Furman	18:26	33.	Nicole Yosmali, Furman	20:41
*2.	Christina Olson, Appalachian State	18:40	34.	Katie McKelvie, Davidson	20:48
*3.	Lynn Kepper, Furman	18:42	35.	Abby Slack, Appalachian State	20:50
*4.	Kristin Savery, Western Carolina	18:53	36.	Adrienne Sweetser, Marshall	20:55
*5.	Michele Marshall, UT-Chattanooga	18:56	37.	Susan Poole, Appalachian State	21:02
*6.	Suzy Burr, Davidson	19:01	38.	Janet Aardema, Davidson	21:08
*7.	Mary Jo Ferrigan, East Tennessee	19:18	39.	Laura Nowels, Marshall	21:12
*8.	Mary Jane Middlekoop, UT-Chattanooga	19:28	40.	Leah Moore, UT-Chattanooga	21:13
*9.	Holley Cooper, Furman	19:33	41.	Lojuana Ware, UT-Chattanooga	21:21
*10.	Erica Thiemann, Western Carolina	19:35	42.	Marie Grisez, Davidson	21:25
11.	Rhoda Maron, Furman	19:35	43.	Jessica Lucas, Marshall	21:35
12.	Maureen Hackett, Marshall	19:41	44.	Kelli Harbinson, Appalachian State	21:39
13.	Jannica Hjertman, Appalachian State	19:48	45.	Beth Brewster, Davidson	22:11
14.	Michelle Bozue, UT-Chattanooga	19:48	46.	Kelly Kiefer, Davidson	22:51
15.	Megan Fischer, Furman	19:51	47.	Suzanne Dunbar, East Tennessee	22:52
16.	Amanda Cooley, Furman	19:58	48.	Meredith Novack, Georgia Southern	22:59
17.	Jenny Chase, Appalachian State	20:05	49.	Jennifer Freeman, Furman	23:09
18.	Lindsay Pinkney, Marshall	20:06	50.	Elena Tolbert, Georgia Southern	23:16
19.	Lauren Ballard, Western Carolina	20:10	51.	Meredith Sheppard, Georgia Southern	23:27
20.	Suzanne Black, Appalachian State	20:14	52.	Kirsten Feil, Furman	23:33
21.	Jennet Walby, East Tennessee	20:15	53.	Jenny Klotz, Davidson	23:42
22.	Kimberly Kraus, Appalachian State	20:16	54.	Amy James, Georgia Southern	23:44
23.	Anne Gardner, Western Carolina	20:19	55.	Ashley Carter, Georgia Southern	23:51
24.	Michelle Gregg, East Tennessee	20:21	56.	Tab Combi, Davidson	24:08
25.	Taylor Perin, East Tennessee	20:22	57.	Sherlonda Pitts, Georgia Southern	25:11
26.	Lisa Sopko, Marshall	20:22	58.	Laura Wilfrom, Davidson	25:23
27.	Becky Pouch, Marshall	20:25	59.	Kristina Dahne, Georgia Southern	29:24
28.	Bridget McHale, UT-Chattanooga	20:29			
29.	Jennifer Eckard, UT-Chattanooga	20:33			
30.	Emily Redmon, Western Carolina	20:34			
31.	Alicia Fuduric, Western Carolina	20:36			
32.	Melissa Burnette, Georgia Southern	20:40			

Runner-of-the-Year: Heather VandeBrake, Furman
Freshman-of-the-Year: Suzy Burr, Davidson
Coach-of-the-Year: Gene Mullin, Furman
 *denotes all-conference team



1994 Men's Championship

Team Results

Finish	Points	Finish	Points
1. Appalachian State.....	23	6. Furman	156
2. East Tennessee	61	7. VMI	167
3. Western Carolina	97	8. The Citadel	201
4. Marshall	116	9. Davidson.....	230
5. Chattanooga.....	156	10. Georgia Southern	250

Men's 8-K Individual Results (October 29 at Chattanooga, Tenn.)

Place	Name	Time	Place	Name	Time
*1.	Tommy Holland/ASU.....	24:37	41.	Byron Buckley/FUR.....	26:53
*2.	Declan Fahy/ETSU.....	24:49	42.	Keith Gunder/WCU.....	26:54
*3.	Brian Miesch/ASU.....	24:56	43.	Mak Kingan/ASU.....	26:55
*4.	Seth Peoples/ASU.....	24:56	44.	Brandon Griffin/FUR.....	27:01
*5.	John Crumbliss/ASU.....	24:58	45.	Dejon Drinks/GSU.....	27:06
*6.	Donnie Reuss/WCU.....	25:12	46.	Christopher Gibson/ETSU.....	27:08
*7.	John Fenton/ETSU.....	25:16	47.	Jamie Cawood/CIT.....	27:16
*8.	Mark Gladwell/MAR.....	25:17	48.	Matthew Storie/FUR.....	27:19
*9.	Bob Butcher/CIT.....	25:23	49.	Erik McMichael/DAV.....	27:20
*10.	Alan Whicker/ASU.....	25:25	50.	Dave Foss/DAV.....	27:20
11.	Cronan Gantley/ETSU.....	25:35	51.	Wade Council/GSU.....	27:21
12.	Turner Norris/WCU.....	25:36	52.	Noel Dehaven/MAR.....	27:26
13.	Judson Sarver/ASU.....	25:38	53.	Dave Millings/DAV.....	27:26
14.	Fred Reinhardt/ETSU.....	25:48	54.	Stephen Moss/WCU.....	27:29
15.	Brian DeRose/MAR.....	26:01	55.	Matt Harber/UTC.....	27:31
16.	Collin Webster/WCU.....	26:01	56.	Will Martin/VMI.....	27:31
17.	Mike Leinweber/UTC.....	26:10	57.	Jon Austin/ASU.....	27:32
18.	Jamie Griggs/ASU.....	26:12	58.	Kevin Steiner/FUR.....	27:34
19.	Bill McElroy/FUR.....	26:14	59.	Chris Coats/VMI.....	27:41
20.	Josh Cookson/DAV.....	26:18	60.	Jed Wiseman/CIT.....	27:49
21.	Steve Johnson/VMI.....	26:19	61.	Chuck Margraves/UTC.....	27:54
22.	Damian Walsh/UTC.....	26:21	62.	Ben Redman/MAR.....	28:03
23.	Jack Murphy/WCU.....	26:23	63.	Jason Henley/MAR.....	28:06
24.	Phil Hargrove/FUR.....	26:26	64.	Andrew Lilly/CIT.....	28:07
25.	Josh Hahnlen/VMI.....	26:27	65.	Danny Incantalupo/UTC.....	28:24
26.	Michael Murphy/MAR.....	26:28	66.	Tripp Franklin/DAV.....	28:30
27.	Robert Leone/ETSU.....	26:29	67.	Mike Dumas/GSU.....	28:35
28.	David Smith/UTC.....	26:34	68.	Chris Herring/CIT.....	28:35
29.	Rodney Stoker/GSU.....	26:35	69.	Brian Roeder/VMI.....	28:43
30.	Travis Dowdy/CIT.....	26:36	70.	Robert Youngren/VMI.....	28:45
31.	John Perkins/MAR.....	26:36	71.	Chuck Jones/GSU.....	28:48
32.	Jon Gonzales/VMI.....	26:37	72.	Tim O'Keefe/DAV.....	29:19
33.	Rob Wilson/FUR.....	26:38	73.	Mike Koester/WCU.....	29:45
34.	Derek Poore/VMI.....	26:40	74.	David Stoker/GSU.....	29:47
35.	Kevin Croft/UTC.....	26:43	75.	Ken Kiser/DAV.....	32:04
36.	Scott Liebman/MAR.....	26:44			
37.	Maxwell Johnston/ETSU.....	26:44			
38.	Brian Delcotto/MAR.....	26:45			
39.	Chris Harig/FUR.....	26:50			
40.	David Chambless/WCU.....	26:53			

Runner-of-the-Year: Tommy Holland, Appalachian State
Freshman-of-the-Year: Seth Peoples, Appalachian State
Coach-of-the-Year: Al Fereshetian, Appalachian State
 *denotes all-conference team

1994 Women's Championship

Team Results

Finish	Points	Finish	Points
1. Furman.....	34	5. Davidson.....	130
2. Chattanooga.....	66	6. Western Carolina.....	172
3. East Tennessee.....	71	7. Marshall.....	181
4. Appalachian State.....	75	8. Georgia Southern.....	246

Women's 5-K Individual Results (October 29 at Chattanooga, Tenn.)

Place	Name	Time	Place	Name	Time
*1.	Heather VandeBrake/FUR.....	17:40	37.	Katie McKelvie/DAV.....	20:00
*2.	Jennel Walby/ETSU.....	17:57	38.	Ginny Padgett/ASU.....	20:04
*3.	Mary Jane Middlekoop/UTC.....	18:08	39.	Delenia Sharp/UTC.....	20:07
*4.	Dawn Wehrenberg/ASU.....	18:14	40.	Marie Grisez/DAV.....	20:09
*5.	Lynn Kepper/FUR.....	18:18	41.	Danyelle Schott/ETSU.....	20:15
*6.	Holley Cooper/FUR.....	18:21	42.	Lone Pedersen/ASU.....	20:18
*7.	Michele Marshall/UTC.....	18:27	43.	Jessica Lucas/MAR.....	20:20
*8.	Mary Jo Ferrigan/ETSU.....	18:33	44.	Carolyn Meadows/DAV.....	20:22
*9.	Amy Ginette/FUR.....	18:39	45.	Kelly Hoyle/UTC.....	20:23
*10.	Elizabeth Bishop/DAV.....	18:41	46.	Camille Ruud/MAR.....	20:28
11.	Jannica Hjertman/ASU.....	18:46	47.	Joni McKinney/MAR.....	20:31
12.	Michelle Barnes/ETSU.....	18:47	48.	Kristi Hays/ETSU.....	20:40
13.	Gail Pennachio/FUR.....	18:52	49.	Kate Pittenger/DAV.....	20:43
14.	Amy Knox/FUR.....	18:55	50.	Laura Nowels/MAR.....	20:45
15.	Kelly Rinker/FUR.....	18:56	51.	Melissa Burnette/GSU.....	20:48
16.	Jenny Sheets/ASU.....	18:57	52.	Emily Redmon/WCU.....	21:12
17.	Cammie Banker/UTC.....	19:02	53.	Heather Gordon/GSU.....	21:14
18.	Michelle Bozue/UTC.....	19:06	54.	Lisa Karr/WCU.....	21:17
19.	Erin Roach/DAV.....	19:07	55.	Lesha Lakies/MAR.....	21:19
20.	Carrie Hogg/ASU.....	19:11	56.	Jennifer Freeman/FUR.....	21:19
21.	Lojuana Ware/UTC.....	19:17	57.	Sally Permar/DAV.....	21:21
22.	Nicole Yosmali/FUR.....	19:18	58.	Jody Lloyd/GSU.....	21:24
23.	Kristin Savery/WCU.....	19:20	59.	Melanie Jarvis/GSU.....	21:54
24.	Michelle Gregg/ETSU.....	19:23	60.	Bridget Anderson/WCU.....	22:03
25.	Kelli Harbinson/ASU.....	19:23	61.	Amy Collins/MAR.....	22:44
26.	Melanie Lawing/WCU.....	19:27	62.	Amy Frazier/GSU.....	23:04
27.	Erin Chavex/ETSU.....	19:28	63.	Leigh Clarke/WCU.....	23:21
28.	Adrienne Sweetser/MAR.....	19:35	64.	Amy James/GSU.....	23:24
29.	Melanie Babb/ASU.....	19:37	65.	Jessica Lloyd/GSU.....	23:29
30.	Kirsten Ursino/ETSU.....	19:40	66.	Elisha Gray/GSU.....	23:50
31.	Lisa Sopko/MAR.....	19:40	67.	Gail McElroy/GSU.....	24:26
32.	Amy Gibson/WCU.....	19:41			
33.	Stephanie Moses/DAV.....	19:45			
34.	Laura Jordan/DAV.....	19:46			
35.	Lean Walker/ASU.....	19:51			
36.	Taylor Perin/ETSU.....	19:58			

Runner-of-the-Year: Heather VandeBrake, Furman
Freshman-of-the-Year: Mary Jane Middlekoop, Chattanooga
Coch-of-the-Year: Gene Mullin, Furman
 *denotes all-conference team