

Florida State Men

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

Booone, N.C.

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

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

College Park, MD

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

Florida Intercollegiate Championships

September 11, 2004

Tallahassee, FL

1st place - 30 points

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

NCAA South Regional Championships

November 13, 2004

Tuscaloosa, AL

1st place - 59 points

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

Notre Dame Invitational

October 1, 2004

Notre Dame, IN

6th place - 143 points

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

NCAA National Championships

November 22, 2004

Terre Haute, IN

17th place - 438 points

Name	Time	Place
Andrew Lemoncello	32:00	50
Tom Lancashire	32:17.7	72
Eddie Rodriguez	32:52.2	125
Ian Hornabrook	33:08.4	154
Sean Burris	33:24.3	177

NCAA Pre-Nationals

October 16, 2004

Terre Haute, IN

5th place - 203 points

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

Florida State Men

Luke Beavor

Race	Time	Place
Mountaineer Open (8K)	25:14.10	1*

Sean Burris

Race	Time	Place
Mountaineer Open (8K)	25:14.30	2
Notre Dame Invite (8K)	24:19	29
NCAA Pre-Nationals (8K)	24:44.5	38
ACC Championships (8K)	26:03.6	29
NCAA South Regional(10K)	30:55.01	27
NCAA Nationals (10K)	33:24.3	177

J.P. Cook

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

Kevin Cook

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

Justin Cross

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

Javier Cruz

Race	Time	Place
Florida Intercollegiates (5K)	27:38.96	6

Nate Davis

Race	Time	Place
Florida Intercollegiates (5K)	27:47.02	8

Steve Dibari

Race	Time	Place
Florida Intercollegiates (5K)	28:09.28	9

Ian Hornabrook

Race	Time	Place
Notre Dame Invite (8K)	24:46	61
NCAA Pre-Nationals (8K)	25:06.6	73
ACC Championships(8K)	24:56.9	7
NCAA South Regional(10K)	30:14.04	13
NCAA Nationals (10K)	33:08.4	154

Matt Kalinski

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

Tom Lancashire

Race	Time	Place
Mountaineer Open (8K)	25:28.20	5
Notre Dame Invite (8K)	24:16	25
NCAA Pre-Nationals (8K)	24:50.6	46
ACC Championships(8K)	25:01.0	11
NCAA South Regional(10K)	30:11.99	12
NCAA Nationals (10K)	32:17.7	72

Andrew Lemoncello

Race	Time	Place
Florida Intercollegiates (5K)	25:35.20	1*
Notre Dame Invite (8K)	23:48	4
NCAA Pre-Nationals (8K)	24:03.9	6
ACC Championships (8k)	24:29.6	1*
NCAA South Regional(10K)	29:47.69	5
NCAA Nationals (10K)	32:00	50

Chris Nickinson

Race	Time	Place
Mountaineer Open (8K)	26:01.70	17

Eddy Rodriguez

Race	Time	Place
Mountaineer Open (8K)	25:14.50	3
Norte Dame Invite (8K)	24:17	26
NCAA Pre-Nationals (8K)	24:45.8	40
ACC Championships (8K)	25:01.3	12
NCAA South Regional(10K)	29:47.69	8
NCAA Nationals (10K)	32:52.2	125

Mike Walsh

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

A.J. Wilson

Race	Time	Place
Mountaineer Open (8K)	26:55.60	

* - Denotes meet win.

Florida State Women

Mountaineer Open

September 3, 2005

Booone, N.C.

Name	Time	Place
Natalie Hughes	18:18.20	1
Laura Bowerman	18:27.90	2
Kristen Hagen	18:34.40	3
Meredith Urban	19:07.80	6
Cristen Litz	19:16.30	7
Jenny Gomez	19:32.50	10
Kara Newell	19:41.70	14

NCAA Pre-National Meet

October 16, 2004

Terre Haute, IN

Name	Time	Place
Natalie Hughes	21:15.9	30
Laura Bowerman	21:22.5	37
Kristen Hagen	21:44.1	60
Meredith Urban	22:26.9	130
Jenny Gomez	22:54.6	167
Cristen Litz	24:05.2	239

Florida Intercollegiate Championships

September 11, 2004

Tallahassee, FL

Name	Time	Place
Natalie Hughes	17:44.46	1
Laura Bowerman	17:56.72	2
Meredith Urban	18:53.41	4
Cristen Litz	18:54.86	5
Jenny Gomez	19:12.44	6
Cathleen Willy	19:42.49	8
Audrey Hand	20:09.81	9

2004 ACC Cross Country Championships

October 30, 2004

College Park, MD

Name	Time	Place
Laura Bowerman	22:52.2	19
Kristen Hagen	23:09.4	26
Natalie Hughes	23:25.8	33
Meredith Urban	24:03.4	46
Jenny Gomez	24:11.8	48
Anne Clinton	24:45.26	59
Cristen Litz	25:18.5	65
Kara Newell	25:26.9	68

FLrunners.com Invitational

September 24, 2004

Tampa, FL

Name	Time	Place
Cathleen Willy	19:46.35	9
Sydney Modragon	19:57.48	12
Audrey Hand	20:07.65	14
Suzanne Shepard	20:39.56	21
Lauren Kolakowski	20:48.92	28
Stefanie Belcher	21:12.33	37
Kristen Walls	21:43.27	48

NCAA South Regional Championships

November 13, 2004

Tuscaloosa, AL

Name	Time	Place
Laura Bowerman	21:19.71	9
Natalie Hughes	21:29.33	12
Kristen Hagen	22:00.58	27
Meredith Urban	22:26.89	46
Jenny Gomez	23:14.58	88
Kara Newell	23:46.03	105
Cristen Litz	24:19.13	127

Notre Dame Invitational

October 1, 2004

Notre Dame, IN

Name	Time	Place
Natalie Hughes	17:20	27
Kristen Hagen	17:42	41
Laura Bowerman	17:42	42
Meredith Urban	18:27	106
Cristen Litz	18:27	109
Kara Newell	18:59	161
Jenny Gomez	19:05	167

Florida State Women

Ashley Andress

Race	Time	Place
Florida Intercollegiates (5K)	21:24.45	16
FLrunners.com (5K)	21:52.35	55

Stefanie Bechler

Race	Time	Place
Mountaineer Open (5K)	21:04.6	32
Florida Intercollegiates (5K)	20:51.69	11
FLrunners.com (5K)	21:12.33	37

Tina Bindenharn

Race	Time	Place
Florida Intercollegiates (5K)	23:18.33	20
FLrunners.com (5K)	21:48.41	53

Laura Bowerman

Race	Time	Place
Mountaineer Open (5K)	18:27.90	2
Florida Intercollegiates (5K)	17:56.72	2
Notre Dame Invite (5K)	17:42	42
NCAA Pre-Nationals (6K)	21:22.5	37
ACC Championships (6K)	22:52.2	19
NCAA South Regional(6K)	21:19.71	8

Jenny Gomez

Race	Time	Place
Mountaineer Open (5K)	19:32.50	10
Florida Intercollegiates (5K)	19:12.44	6
Notre Dame Invite (5K)	19:05	167
NCAA Pre-Nationals (6K)	22:54.6	167
ACC Championships (6K)	24:15.2	48
NCAA South Regional(6K)	23:14.58	88

Audrey Hand

Race	Time	Place
Mountaineer Open (5K)	20:41.90	25
Florida Intercollegiates (5K)	20:09.81	9
FLrunners.com (5K)	20:07.65	14

Kirsten Hagen

Race	Time	Place
Mountaineer Open (5K)	18:34.40	3
Florida Intercollegiates (5K)	18:15.21	3
Notre Dame Invite (5K)	17:42	41
NCAA Pre-Nationals (6K)	21:44.1	60
ACC Championships (6K)	23:09.4	26
NCAA South DI Regional(6K)	22:00.58	27

Natalie Hughes

Race	Time	Place
Mountaineer Open (5K)	18:18.20	1*
Florida Intercollegiates (5K)	17:44.46	1
Notre Dame Invite	17:20	27
NCAA Pre-Nationals (6K)	21:15.9	30
ACC Championships (6K)	23:25.8	33
NCAA South Regional(6K)	21:29.33	12

Lauren Kolakowski

Race	Time	Place
Florida Intercollegiates (5K)	21:21.58	14
FLrunners.com (5K)	20:48.92	28

Deanna Lane

Race	Time	Place
Florida Intercollegiates (5K)	25:58.48	25

Cristen Litz

Race	Time	Place
Mountaineer Open (5K)	19:16.30	7
Florida Intercollegiates (5K)	18:54.86	5
Notre Dame Invite (5K)	18:27	109
NCAA Pre-Nationals (6K)	24:05.2	239
ACC Championships (6K)	25:18.5	65
NCAA South Regional(6K)	24:19.13	127

Meghan Lougue

Race	Time	Place
Florida Intercollegiates (5K)	23:23.55	22
FLrunners.com (5K)	22:41.62	71

Andrienne Lufkin

Race	Time	Place
Florida Intercollegiates (5K)	22:41.02	18
FLrunners.com (5K)	21:46.66	52

Sydney Mondragon

Race	Time	Place
Mountaineer Open (5K)	20:40.80	24
Florida Intercollegiates (5K)	20:45.25	10
FLrunners.com (5K)	19:57.48	12

Kara Newell

Race	Time	Place
Mountaineer Open (5K)	19:41.70	14
Florida Intercollegiates (5K)	19:15.16	7
Notre Dame Invite (5K)	18:59	161
ACC Championships (6K)	25:26.9	68
NCAA South Regional(6K)	23:46.03	100

Florida State Women

Jennifer Patterson

Race	Time	Place
Florida Intercollegiates (5K)	26:10.00	26
FLrunners.com (5K)	25:52.26	105

Katherine Puckett

Race	Time	Place
Florida Intercollegiates (5K)	23:21.44	21
FLrunners.com (5K)	23:33.56	80

Katherine Purcell

Race	Time	Place
Florida Intercollegiates (5K)	25:47.80	24

Suzanne Shepard

Race	Time	Place
Florida Intercollegiates (5K)	20:56.08	12
FLrunners.com (5K)	20:39.56	21

Meredith Urban

Race	Time	Place
Mountaineer Open (5K)	19:07.80	6
Florida Intercollegiates (5K)	18:53.41	4
Notre Dame Invite (5K)	18.27	106
NCAA Pre-Nationals (6K)	22:26.9	130
ACC Championships (6K)	24:03.4	46
NCAA South Regional (6K)	22:26.89	46

Kristen Walls

Race	Time	Place
Florida Intercollegiates (5K)	21:16.11	13
FLrunners.com (5K)	21:43.27	48

Cathleen Willy

Race	Time	Place
Mountaineer Open (5K)	19:58.00	16
Florida Intercollegiates (5K)	19:42.49	8
FLrunners.com (5K)	19:46.35	9