

# 2020



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# CROSS COUNTRY CHAMPIONSHIPS PROGRAM

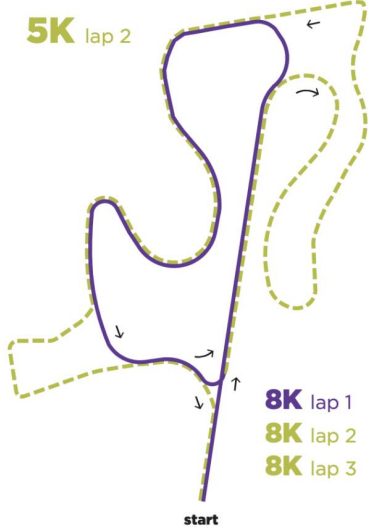
## Course Map

**2K**



**5K** lap 1

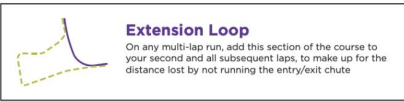
**5K** lap 2



**8K** lap 1

**8K** lap 2

**8K** lap 3



**Extension Loop**

On any multi-lap run, add this section of the course to your second and all subsequent laps, to make up for the distance lost by not running the entry/exit chute

**3K**



**Women's Team champions (multiple winners)**

Team	Titles	Years
Furman*	11	1993-95, 02, 13-19
Appalachian State	10	1986-92, 96, 02, 12
Chattanooga*	7	1997-98, 01, 04, 06-08
ETSU*	2	1985, 99
Davidson	2	2003, 05
Samford*	2	2009-10

\*active SoCon members

**Men's Team champions (multiple winners)**

Team	Titles	Years
William & Mary	15	1955-57, 63-64, 66-75
ETSU*	15	1978-85, 88-92, 95-96
Appalachian State	15	1987, 89, 93-94, 97, 00-02, 05-10, 12
North Carolina	13	1926-29, 31, 34, 36-41, 46
Furman*	10	1961, 65, 76, 13-19
VMI*	5	1930, 54, 58-60
Maryland	4	1947-50
Chattanooga*	4	1998-99, 03-04
Duke	3	1932-33, 35
Marshall	2	1977, 86
West Virginia	2	1953, 62
North Carolina State	2	1951-52

\*active SoCon members



The Southern Conference would like to recognize those competing in their final SoCon cross country meet:



Casey Miller .....The Citadel  
 Amber Opp .....The Citadel  
 Kenslee Padgett .....The Citadel  
 Lindsay Bruce .....ETSU  
 Heather Feuchtenberger .....ETSU  
 Malik Gemechu .....ETSU  
 Nathan Longfellow .....ETSU  
 Josh Routh .....ETSU  
 Matt Scarr .....ETSU  
 Makayla Shaw .....ETSU  
 Mason Coppi .....Furman  
 Emma Kuntz .....Furman  
 Emily Lane .....Furman  
 Trenton Mandato .....Furman

Weston Clayton .....UNCG  
 Ashlyn Dalton .....UNCG  
 Cassidy Dill .....UNCG  
 Ariana Garcia .....UNCG  
 Ewan Hynes .....UNCG  
 Malea Smith .....UNCG  
 Juan Rodriguez .....UNCG  
 Alex Roy .....UNCG  
 Fuad Batteh .....Mercer  
 Madison Cowart .....Mercer  
 Josiah Jaqua .....Mercer  
 Marina Van Sickle .....Mercer  
 Anna Huntington .....Samford  
 Hunter Poole .....Samford

Ashlynd Broling-Miller .....UTC  
 Makenzie Jones .....UTC  
 Sophia Neglia .....UTC  
 Anna Armfield .....VMI  
 Carlos Fernandes .....VMI  
 Walt Kitson .....VMI  
 Kellen Reeves .....VMI  
 Jahanzeb Shahbaz .....VMI  
 Jamie Blaylock .....WCU  
 Anastasia Burroughs .....Wofford  
 Ford McCoy .....Wofford



# 2020 Southern Conference Cross Country Championship

NOV. 21 • MERCER • GEORGIA PREMIER CROSS COUNTRY COURSE • MACON, GA.



## Men's Team and Individual Annual Champions

Year	Site	Team champion	Score	Individual champion	School	Time
1985	Charleston, S.C.	ETSU	31	Brian Dunne	ETSU	23:59
1986	Chattanooga, Tenn.	Marshall	24	David Tabor	Marshall	24:57
1987	Davidson, N.C.	Appalachian State	51	Shamus Hynes	ETSU	24:46
1988	Greenville, S.C.	ETSU	28	Thomas O'Gara	ETSU	30:04
1989	Huntington, W.Va.	Appalachian State & ETSU	53	James Hynes	ETSU	24:36
1990	Cullowhee, N.C.	ETSU	20	Seamus Power	ETSU	25:36
1991	Blowing Rock, N.C.	ETSU	17	Seamus Power	ETSU	24:23
1992	Lexington, Va.	ETSU	23	Seamus Power	ETSU	24:39
1993	Charleston, S.C.	Appalachian State	29	Seamus Power	ETSU	25:19
1994	Chattanooga, Tenn.	Appalachian State	23	Tommy Holland	Appalachian State	24:37
1995	Greenville, S.C.	ETSU	40	Derek Murphy	ETSU	25:30
1996	Cullowhee, N.C.	ETSU	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	Jesse Norman	Western Carolina	24:48
2002	Charleston, S.C.	Appalachian State	63	Gediminas Banevicius	Chattanooga	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
2012	Charleston, S.C.	Appalachian State	63	Paul Chelimo	UNCG	23:42.22
2013	Birmingham, Ala.	Furman	48	Paul Chelimo	UNCG	24:19.72
2014	Kernersville, N.C.	Furman	15	Tripp Hurt	Furman	24:18.63
2015	Greenville, S.C.	Furman	20	Arsène Guillorel	Samford	24:10.16
2016	Chattanooga, Tenn.	Furman	22	Frank Lara	Furman	23:16.44
2017	Spartanburg, S.C.	Furman	15	Aaron Templeton	Furman	23:43.9
2018	Cullowhee, N.C.	Furman	23	Aaron Templeton	Furman	24:01.52
2019	Johnson City, Tenn.	Furman	21	Ryan Adams	Furman	24:40.72

\* later vacated team title

## Women's Team and Individual Annual Champions

Year	Location	Team champion	Score	Individual champion	School	Time
1985	Charleston, S.C.	ETSU	40	Beth Ruggles	Appalachian State	18:25
1986	Chattanooga, Tenn.	Appalachian State	29	Michelle Crow	Appalachian State	18:05
1987	Davidson, N.C.	Appalachian State	43	Beth Ruggles	Appalachian State	18:21
1988	Greenville, S.C.	Appalachian State	28	Whitney Ball	Appalachian State	18:09
1989	Huntington, W.Va.	Appalachian State	26	Whitney Ball	Appalachian State	17:36
1990	Cullowhee, N.C.	Appalachian State	26	Cate Pichon	Furman	18:47
1991	Blowing Rock, N.C.	Appalachian State	31	Cate Pichon	Furman	17:54
1992	Lexington, Va.	Appalachian State	34	Carrie Hogg	Appalachian State	19:05
1993	Charleston, S.C.	Furman	43	Heather VandeBrake	Furman	18:13
1994	Chattanooga, Tenn.	Furman	34	Heather VandeBrake	Furman	17:40
1995	Greenville, S.C.	Furman	39	Heather VandeBrake	Furman	18:26
1996	Cullowhee, N.C.	Appalachian State	33	Lynn Kepper-Hudson	Furman	18:19
1997	Statesboro, Ga.	Chattanooga	40	Catherine Berry	ETSU	17:33
1998	Davidson, N.C.	Chattanooga	24	Mary Jayne Harrelson	Appalachian State	18:18
1999	Lexington, Va.	ETSU	41	Mary Jayne Harrelson	Appalachian State	17:47
2000	Boone, N.C.	Furman	47	Mary Jayne Harrelson	Appalachian State	17:17
2001	Charleston, S.C.	Chattanooga	28	Gina Recher	Chattanooga	17:54
2002	Charleston, S.C.	Appalachian State	43	Shannon Wommack	Chattanooga	17:42
2003	Davidson, N.C.	Davidson	75	Katie Sujkowski	Appalachian State	18:39
2004	Greenville, S.C.	Chattanooga	29	Shannon Wommack	Chattanooga	17:39
2005	Statesboro, Ga.	Davidson	46	Shannon Wommack	Chattanooga	16:53.47
2006	Chattanooga, Tenn.	Chattanooga	43	Lanni Marchant	Chattanooga	17:01.17
2007	Cullowhee, N.C.	Chattanooga	44	Kathleen Turchin	Chattanooga	17:30.35
2008	Spartanburg, S.C.	Chattanooga	60	Megan Lordi	Furman	17:22.03
2009	Elon, N.C.	Samford	74	Brittney Caudle	Appalachian State	17:47.32
2010	Boone, N.C.	Samford	71	Ashley Schnell	UNCG	17:39.98
2011	Charleston, S.C.	UNCG	35	Ashley Schnell	UNCG	16:33.10
2012	Mt. Pleasant, S.C.	Appalachian State	64	Lauren D'Alessio	Samford	16:57.65
2013	Birmingham, Ala.	Furman	48	Teghan Hendersson	Chattanooga	17:05.84
2014	Kernersville, N.C.	Furman	22	Allie Buchalski	Furman	16:44.42
2015	Greenville, S.C.	Furman	33	Allie Buchalski	Furman	17:37.37
2016	Chattanooga, Tenn.	Furman	24	Karisa Nelson	Samford	16:22.62
2017	Spartanburg, S.C.	Furman	23	Allie Buchalski	Furman	16:23.4
2018	Cullowhee, N.C.	Furman	25	Hannah Steelman	Wofford	17:05.17
2019	Johnson City, Tenn.	Furman	20	Hannah Steelman	Wofford	17:02.08

# 2020 MEN'S CROSS COUNTRY ROSTERS

## The Citadel

Head coach: Jody Huddleston



Name	Class	Hometown
Bryce Baglia	Fr.	Falconer, N.Y.
Ty Duben	So.	Orange Beach, Ala.
Devon Heisler	Jr.	Mechanicsburg, Pa.
Pa. Robert Perrecone	Fr.	Summerville, S.C.
William Ray	Fr.	Okinawa, Japan
Andrew Smith	So.	Greer, S.C.
Alex Wulfhorst	Fr.	Denver, N.C.

## Samford

Head coach: Chad Balyo



Name	Class	Hometown
Cole Arrington	Fr.	Auburn, Ala.
Andrew Cox	Fr.	Nashville, Tenn.
Luke Dobbins	Jr.	Daphne, Ala.
Jack Elliott	So.	New Plymouth, New Zealand
Ben Garner	Jr.	Opelika, Ala.
Jeb Jones	So.	Johnson City, Tenn.
Charlie Lott	Fr.	Montgomery, Ala.
Ben Myers	Fr.	Carmel, Ind.
Jose Penalver	Jr.	Plantation, Fla.
Hunter Poole	Sr.	Homewood, Ala.

## ETSU

Head coach: George Watts



Name	Class	Hometown
Seth Bowden	R-So.	Maryville, Tenn.
Gavin Cooper	So.	LaFollette, Tenn.
Malik Gemechu	Sr.	Johnson City, Tenn.
Josh Krafus	R-So.	Fort Collins, Co.
Nathan Longfellow	Sr.	Cookeville, Tenn.
Phelani Maduwa	Jr.	Free State, South Africa
Miguel Parrilla	R-Fr.	Knoxville, Tenn.
Josh Routh	Sr.	Johnson City, Tenn.
Matthew Scarr	Sr.	NSW, Australia
Myles Stoots	Fr.	Mobile, Ala.
Jordan Thomas	Fr.	Knoxville, Tenn.
Dylan Zeller	Fr.	Hixson, Tenn.

## Chattanooga

Head coach: Andy Meyer



Name	Class	Hometown
Jonathan Boyd	Jr.	Ooltewah, Tenn.
Jacob Boykin	Fr.	Murfreesboro, Tenn.
Eric Mitchell	Fr.	Gallatin, Tenn.
Kaigen Mulkey	Fr.	Chattanooga, Tenn.
Seth Robinson	Fr.	Murfreesboro, Tenn.

## Furman

Head coach: Robert Gary



Name	Class	Hometown
Daniel Bernal	Jr.	El Paso, Texas
Adam Beucler	So.	Huson, Ohio
Mason Coppi	Sr.	Dana Point, Calif.
Noah Dolhare	Jr.	Charlotte, N.C.
Andrew Hammel	Fr.	Clyde, N.C.
Trent Mandato	Sr.	Winter Park, Fla.
Cameron Ponder	Jr.	Winston-Salem, N.C.
Mac Roberts	So.	Munich, Germany
Dylan Schubert	Fr.	Loveland, Colo.
Benjamin Seeber	So.	Greensboro, N.C.
Aaron Wier	Jr.	Verasallies, Ky.
Carson Williams	Fr.	Raleigh, N.C.

## VMI

Head coach: Drew Ludtke



Name	Class	Hometown
Cade Compton	Fr.	Draper, Va.
Carlos Fernandes	Sr.	Purcellville, Va.
Alex Fiorillo	So.	St. Petersburg, Fla.
Ian Irizarry Negron	Jr.	Chesapeake, Va.
Gavin Jenkins	Jr.	Chester Gap, Va.
Andre Jordan	Jr.	Chesapeake, Va.
Dennis Kelly	So.	Marlton, N.J.
Walt Kitson	Sr.	Midlothian, Va.
Zach Lauster	Jr.	Manassas, Va.
Kellen Reeves	Sr.	Fredricksburg, Va.
Jahanzeb Shahbaz	Sr.	Stafford, Va.
Trent Whittaker	So.	Rocky Mount, Va.

## Mercer

Head coach: Josh Hayman



Name	Class	Hometown
Cameron Abrams	Fr.	Columbia, S.C.
Fuad Batteh	Sr.	Jacksonville, Fla.
Reece Cato	Fr.	Cumming, Ga.
Chris French	Jr.	Boca Raton, Fla.
Dalton Hollis	So.	Dallas, Ga.
Josiah Jaqua	Sr.	Woodstock, Ga.
Josh Kraver	Fr.	Merritt Island, Fla.
Diego Lavieri Sosa	Jr.	Ocala, Fla.
Mikey Patterson	Fr.	Cumming, Ga.
Vladimir Zander-Velloso	Jr.	Peachtree City, Ga.
Robert Zell	Jr.	Woodstock, Ga.

## Western Carolina

Head coach: Jesse Norman



Name	Class	Hometown
Fletcher Bost	So.	Winterville, N.C.
Andrew Edney	So.	Apex, N.C.
Joshua Stapleton	Jr.	Duluth, Ga.
Elijah Stuart	Jr.	Gilberts, Ill.
Clay Summers	So.	Advance, N.C.
Drew Zink	Fr.	Hays, N.C.

## UNCG

Head coach: Chad Pearson



Name	Class	Hometown
Colin Alexander	Jr.	Southern Pines, N.C.
Matthew Bauer	Fr.	West Palm Beach, Fla.
Tyler Chambers	Fr.	Cranston, R.I.
Dylan Christopher	Jr.	Hendersonville, N.C.
Weston Clayton	Sr.	Raleigh, N.C.
Brandon Hernandez	Jr.	Kannapolis, N.C.
Ewan Hynes	Sr.	Cornelius, N.C.
Thomas Kneppshield	Jr.	Louisville, Ky.
Juan Rodriguez	Sr.	Winston-Salem, N.C.
Alex Roy	Sr.	Clayton, N.C.
Joseph Thoma	So.	Whippany, NJ
Nicholas Thoma	Jr.	Whippany, NJ

## Wofford

Head coach: Johnny C. Bomar



Name	Class	Hometown
Carson Archie	Fr.	Mt. Pleasant, S.C.
Beck Classey	Jr.	Denver, N.C.
Demir Degirmenci	So.	Forest Hills, N.Y.
Josh Hendry	Jr.	Kilmacoll, Scotland
Ford McCoy	Sr.	Greenville, S.C.
Jack Moody	Jr.	Pawley's Island, S.C.
Ryan O'Malley	Jr.	Florence, S.C.

# 2020 WOMEN'S CROSS COUNTRY ROSTERS

## The Citadel

Head coach: Jody Huddleston



Name	Class	Hometown
Heidi Fortin	So.	Ogunquit, Maine
Casey Miller	Sr.	Johnson City, Tenn.
Amber Opp	Sr.	Morgantown, N.C.
Kenslee Padgett	Sr.	Landrum, S.C.
Gabby Shea	Fr.	Sparkill, N.Y.
Grace Wolfe	So.	Houston, Texas

## Samford

Head coach: Chad Balyo



Name	Class	Hometown
Lindsey Biggar	Jr.	Tyrone, Ga.
Sadie Cook	Fr.	Thompson's Station, Tenn.
Tatum Foreman	Fr.	Southlake, Texas
McKenzie Hogue	So.	Alabaster, Ala.
Anna Huntington	Sr.	Lilburn, Ga.
Harper McGowan	Fr.	Auburn, Ala.
Allison Nelson	Jr.	Brewton, Ga.
Katie Strozier	So.	Pelham, Ala.
Mary Kellison Thorne	Jr.	Newnan Ga.

## ETSU

Head coach: George Watts



Name	Class	Hometown
Lindsay Bruce	Sr.	Knoxville, Tenn.
Heather Feuchtenberger	Sr.	Elizabethton, Tenn.
Julia Foote	Fr.	Franklin, Tenn.
Alyssa Galvin	Fr.	Denver, N.C.
Lindsay Holliday	So.	Maryville Tenn.
Rebekah Howard	Fr.	Ashland, Ky.
Shila Kapaya	Jr.	Knoxville, Tenn.
Genevieve Schwarz	Jr.	Oak Ridge, Tenn.
Makayla Shaw	Sr.	Jonesboro, Tenn.
Kiera Snyder	Fr.	Clyde, Mich.
Lindsey Stallworth	Jr.	Knoxville, Tenn.
Colbie Williamson	Sr.	Clyde, N.C.

## Chattanooga

Head coach: Andy Meyer



Name	Class	Hometown
Ashlynd Broling-Miller	Sr.	Athens, Tenn.
Faith Brown	So.	Gallatin, Tenn.
Lesley Green	So.	Dayton, Tenn.
Jada Hale	Jr.	Chattanooga, Tenn.
Makenzie Jones	Sr.	Morristown, Tenn.
Julianna McReynolds	Fr.	Kingsport, Tenn.
Sophia Neglia	Sr.	Kingsport, Tenn.
Brooke Rieves	Fr.	Nashville, Tenn.
Emma Russum	Fr.	Kingsport, Tenn.

## Furman

Head coach: Robert Gary



Name	Class	Hometown
Madelyne Cadeau	Fr.	Cumming, Ga.
Beth Donnelly	Fr.	Brentwood, Tenn.
Bethany Graham	Fr.	Aldie, Va.
Emma Kuntz	Sr.	Louisville, Ky.
Emily Lane	Sr.	Cary, N.C.
Emily Little	Fr.	Atlanta, Ga.
Megan Marvin	Fr.	Chapel Hill, N.C.
Nicole Matysik	So.	Key West, Fla.
Lauren Peterson	So.	Rosemount, Minn.
Abigail Robertson	So.	Marietta, Ga.
Jonna Strange	Fr.	Statesville, N.C.
Kylie Wittman	Fr.	Brentwood, Tenn.

## VMI

Head coach: Drew Ludtke



Name	Class	Hometown
Anna Armfield	Sr.	Rabon Gap, N.C.
Sara Belamarich	Jr.	Chesapeake, Va.
Naomi Hahn	Fr.	Warren, Pa.
Alyssa Ingerson	Fr.	Salem, Va.
Elizabeth Morris	Fr.	McDonough, Ga.
Julia Noll	Fr.	Eldersburg, Md.
Emily Wells	So.	Ijamsville, Md.

## Mercer

Head coach: Josh Hayman



Name	Class	Hometown
Jaycie Calvert	Fr.	Kenai, Alaska
Giulia Giorgi	Jr.	Perugia, Italy
Jerrica Hanson	Jr.	Crestwood, Ky.
Whitney Johnson	So.	Galva, Ill.
Isabella Leblanc	Jr.	Pine Mountain, Ga.
Ashley McMahon	Jr.	Fayetteville, Ga.
Bella Rhone	Fr.	Cumming, Ga.
Zoe Sanchez	Fr.	Blairsville, Ga.
Bri Teegarden	Fr.	Littleton, Colo.
Marina Van Sickle	Sr.	Rincon, Ga.

## Western Carolina

Head coach: Jesse Norman



Name	Class	Hometown
Jamie Blaylock	Jr.	Nolensville, Tenn.
Lauren Esselborn	So.	Youngsville, N.C.
Maggie Klemm	So.	Yorkville, Ill.
Kate Mattison	Jr.	Athens, Ga.
Sydney Runyan	Fr.	Woodstock, Ga.
Caroline Schoessow	Jr.	Wyoming, Minn.
Alayna Suitte	Fr.	Knightdale, N.C.
Peyton Wood	Jr.	Murphy, N.C.

## UNCG

Head coach: Chad Pearson



Name	Class	Hometown
Ashlyn Dalton	Sr.	Mastic, N.Y.
Kassidy Dill	Sr.	Milford, Maine
Jillian Felton	Jr.	Crystal River, Fla.
Ariana Garcia	Sr.	Beulaville, N.C.
Kristin Hogan	Fr.	Greensboro, N.C.
Chandler McCaslin	Jr.	Mooreville, N.C.
Jenna Reiter	Fr.	Morehead City, N.C.
Malea Smith	Sr.	Davidson, N.C.
Shay Soukup	Fr.	Defiance, Ohio

## Wofford

Head coach: Johnny C. Bomar



Name	Class	Hometown
Alexus Atkins	Fr.	Campobello, S.C.
Anastasia Burroughs	Sr.	Spring Lake, N.C.
Cassie Figueroa	Fr.	Charlotte, N.C.
Quinn Fleming	R-Fr.	Beaufort, S.C.
Janie Holecek	Fr.	Knoxville, Tenn.
Rylee Jorgensen	R-Fr.	Maryville, Tenn.
Madison Colletta	Fr.	Buford, Ga.