

Southern Conference Cross Country Record Book



Through 2019 season

MEN'S TEAM & INDIVIDUAL CHAMPIONS

Year	Site	Team champion	Score	Individual champion	School	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 State	20:43.4
1951	Durham, N.C.	N.C. State	39	Clyde Garrison	North Carolina State	19:51.0
1952	Richmond, Va.	N.C. State	49	Buzz Sawyer	North Carolina State	20:44.2
1953	Morgantown, W.Va.	West Virginia	22	Russell Thoburn	West Virginia	22:25.0
1954	Williamsburg, W.Va.	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.Va.	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	17	Reggie Clark	William & Mary	31:04
1975	Greenville, N.C.	William & Mary	15	Chris Tulou & Mac Collins	William & Mary	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.	ETSU	20	Adrian Leek	ETSU	29:17
1979	Davidson, N.C.	ETSU	16	Louis Kenny	ETSU	30:31
1980	Greenville, S.C.	ETSU	15	Adrian Leek	ETSU	30:08
1981	Huntington, W.Va.	ETSU	15	Dennis Stark	ETSU	29:35
1982	Cullowhee, N.C.	ETSU	15	Dennis Stark	ETSU	29:43
1983	Boone, N.C.	ETSU	19	Dennis Stark	ETSU	24:25
1984	Lexington, Va.	ETSU	47	Brian Dunne	ETSU	24:17
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

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, ETSU
1979 Dave Walker, ETSU
1980 Dave Walker, ETSU
1981 Dave Walker, ETSU
1982 Dave Walker, ETSU
1983 Dave Walker, ETSU
1984 Dave Walker, ETSU
1985 Dave Walker, ETSU
1986 Dennis Brachna, Marshall
1987 Bob Pollock, Appalachian State
1988 Dave Walker, ETSU
1989 Al Fereshetian, Appalachian State
1990 Dave Walker, ETSU
1991 Gene Mullin, Furman
1992 Dave Walker, ETSU
1993 Al Fereshetian, Appalachian State
1994 Al Fereshetian, Appalachian State
1995 Dave Walker, ETSU
1996 Dave Walker, ETSU
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*
2012 Mike Curcio, Appalachian State
2013 Robert Gary, Furman
2014 Robert Gary, Furman
2015 Robert Gary, Furman
2016 Robert Gary, Furman
2017 Robert Gary, Furman
2018 Robert Gary, Furman
2019 Robert Gary, Furman

Runner of the Year

1992 Seamus Power, ETSU
1993 Seamus Power, ETSU
1994 Tommy Holland, Appalachian State
1995 Derek Murphy, ETSU
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
2012 Paul Chelimo, UNCG
2013 Paul Chelimo, UNCG
2014 Tripp Hurt, Furman
2015 Arsène Guillorel, Samford
2016 Frank Lara, Furman
2017 Aaron Templeton, Furman
2018 Aaron Templeton, Furman
2019 Ryan Adams, Furman

Freshman of the Year

1992 Tom Holland, Appalachian State
1993 Turner Norris, Western Carolina
1994 Seth Peoples, Appalachian State
1995 Derek Murphy, ETSU
1996 Anthony Famiglietti, Appalachian State
1997 Ben Besette, Appalachian State
1998 Andy Coker, Chattanooga
1999 Ryan Kendall, Chattanooga
2000 Joe Halin, Appalachian State
2001 Bradley Yewer, ETSU
2002 James Grufferty, ETSU
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*
2012 Trevor Janssen, Chattanooga
2013 Troy Reeder, Furman
2014 Aaron Templeton, Furman
2015 James Garst, ETSU
2016 Ryan Adams, Furman
2017 Daniel Bernal, Furman
2018 Cameron Ponder, Furman
2019 David Ahlmeyer, Furman
* later vacated

* later vacated

MEN'S SOUTHERN CONFERENCE HONORS

Runner of the Week

2000

Aug. 13 Thomas Gorski, VMI
Sept. 7 Ben Bisette, Appalachian State
Sept. 27 Joe Smith, VMI
Oct. 2 Ben Bisette, 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, UNCG

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, UNCG
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, UNCG
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, UNCG
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

2012

Sept. 5 Mitch McLeod, Appalachian State
Sept. 12 Nathan Wanuch, Chattanooga
Sept. 19 Nathan Wanuch, Chattanooga
Sept. 26 None
Oct. 3 Paul Chelimo, UNCG
Oct. 10 Wilkerson Given, Furman
Oct. 17 Paul Katam, UNCG

2013

Sept. 4 James Howard-Smith, Appalachian State
Sept. 11 Lucas Cotter, Chattanooga
Sept. 18 Luis Vargas, Elon
Sept. 25 James Howard-Smith, Appalachian State
Oct. 2 Raeven Lantz, The Citadel
Oct. 9 Luis Vargas, Elon
Oct. 16 Raeven Lantz, The Citadel
Oct. 23 Kyle McFoy, Appalachian State

2014

Sept. 4 Michael Lantz, The Citadel
Sept. 10 Teghan Henderson, Chattanooga
Sept. 17 Tanner Hinkle, Furman
Sept. 24 Matt Warriner, ETSU
Oct. 1 Tripp Hurt, Furman
Oct. 8 Travis Alfaro, Western Carolina
Oct. 16 William Ivey, Furman
Oct. 22 Tripp Hurt, Furman

2015

Sept. 9 Aaron Templeton, Furman
Sept. 16 Tanner Hinkle, Furman
Sept. 23 Arsène Guillorel, Samford
Sept. 30 Tanner Hinkle, Furman
Oct. 7 Paul Stuart, Chattanooga
Oct. 14 Mark Hadley, Furman
Oct. 21 Tanner Hinkle, Furman

2016

Sept. 7 Frank Lara, Furman
Sept. 14 Paul Stuart, Chattanooga
Sept. 21 Adam Bradtmueller, ETSU
Sept. 28 Frank Lara, Furman
Oct. 5 Arsène Guillorel, Samford
Oct. 12 Quintin McKinnish, Furman
Oct. 19 Frank Lara, Furman

2017

Sept. 6 Aaron Templeton, Furman
Sept. 13 Tanner Hinkle, Furman
Sept. 20 Ben Varghese, ETSU
Sept. 27 Jordan Bostian, Western Carolina
Oct. 4 Aaron Templeton, Furman
Oct. 11 Quintin McKinnish, Furman
Oct. 18 Josh Brickell, Furman

2018

Sept. 5 Daniel Bernal, Furman
Sept. 12 Davone Hernandez, VMI
Sept. 19 Dillion Dean, Samford
Sept. 26 Jack Moody, Wofford
Oct. 3 Aaron Templeton, Furman
Oct. 10 Colin Martin, The Citadel
Oct. 17 Aaron Templeton, Furman

2019

Sept. 4 Ryan Adams, Furman
Sept. 11 Dillon Dean, Samford
Sept. 18 Ryan Adams, Furman
Sept. 25 Ben Varghese, ETSU
Oct. 2 Ryan Adams, Furman
Oct. 9 Dillon Dean, Samford
Oct. 16 Josh Hendry, Wofford
Oct. 23 Ryan Adams, Furman

MEN'S SOUTHERN CONFERENCE HONORS

Runner of the Month

2003 September October	Caleb Bailey, Western Carolina Steven Kocsis, Chattanooga	2010 September October	Ryan Hopkins, Davidson Joey Thompson, UNCG	2016 September October	Frank Lara, Furman Frank Lara, Furman
2004 September October	Joe Halin, Appalachian State Tyler Johnson, Furman	2011 September October	Paul Chelimo, UNCG Ryan Hopkins, Davidson	2017 September October	Aaron Templeton, Furman Aaron Templeton, Furman
2005 September October	Ian Mayne, Chattanooga Ian Maybe, Chattanooga	2012 September October	Paul Chelimo, UNCG Paul Chelimo, UNCG	2018 September October	Ben Varghese, ETSU Aaron Templeton, Furman
2006 September	Phill Mitchell, Appalachian State	2013 September October	Luis Vargas, Elon Luis Vargas, Elon	2019 September October	Ryan Adams, Furman Ryan Adams, Furman
2007 September	Michael Mentz, Chattanooga	2014 September October	Tripp Hurt, Furman Tripp Hurt, Furman		
2008 September October	Patrick Morgan, Furman Emmanuel Kirwa, Chattanooga	2015 September October	Tanner Hinkle, Furman Arsène Guillorel, Samford		
2009 September October	Lance Harden, Davidson Lance Harden, Davidson				

MEN'S CHAMPIONSHIP MEET RESULTS

1928	North Carolina 30 Virginia Tech 79 Auburn 82 Georgia 82 Georgia Tech 89 Clemson 133	1946	North Carolina 33 Maryland 34 Duke 90 North Carolina State 93	1961	Furman 37 VMI 57 Virginia Tech 64 West Virginia 89 William & Mary 116 Davidson 179 The Citadel 210	1973	William & Mary 15 Appalachian State 78 Furman 82 East Carolina 90 Richmond 135 The Citadel 162 VMI 189 Davidson 196
1929	North Carolina 56 Virginia Tech 72 Florida 102 Georgia Tech Georgia North Carolina State Duke Tennessee Washington & Lee Clemson	1947	Maryland 24 Virginia Tech 73 Duke 87 North Carolina State 103 VMI 135 Davidson 144 North Carolian 181 William & Mary 200 South Carolina 226	1962	West Virginia 40 Furman 47 Virginia Tech 71 VMI 79 Davidson 109 William & Mary 190 The Citadel 193 Richmond 255	1974	William & Mary 15 Furman 70 Appalachian State 96 Richmond 97 East Carolina 124 Davidson 152 VMI 200 The Citadel 238
1930	VMI 40 Virginia Tech 56 Florida 84 North Carolina 105 Georgia Washington & Lee Tennessee Duke Georgia Tech	1948	Maryland 27 Virginia Tech 73 North Carolina 118 William & Mary 135 North Carolina State 140 Duke 160 Davidson 166 VMI 170 Richmond 180	1963	William & Mary 41 West Virginia 48 VMI 69 Davidson 99 Furman 119 Virginia Tech 169 Richmond 173 The Citadel 217	1975	William & Mary 17 Furman 59 Appalachian State 80 Richmond 114 VMI 166 Davidson 179 East Carolina 180 The Citadel 193
1931	North Carolina 25 Virginia Tech 77 Tennessee 100 Florida 110 Duke 120 Georgia Tech 121 Maryland 128 Georgia 176	1949	Maryland 32 North Carolina State 80 North Carolina 85 Davidson 92 William & Mary 116 Duke 143 Virginia Tech 163 Wake Forest 190	1964	William & Mary 46 West Virginia 55 VMI 69 Davidson 76 Furman 128 Richmond 178 Virginia Tech 191 The Citadel 197	1976	Furman 39 William & Mary 64 Marshall 90 VMI 97 Appalachian State 112 Western Carolina 124 East Carolina 167 The Citadel 241 Davidson 280
1932	Duke 23 North Carolina 45 VMI 63 Tennessee 125 Washington & Lee Mississippi	1950	Maryland 40 West Virginia 60 North Carolina State 70 North Carolina 90 Duke 142 Davidson 144 William & Mary 164 Virginia Tech 178 Richmond 240	1965	Furman 30 William & Mary 35 West Virginia 68 VMI 108 The Citadel 158 East Carolina 165 Davidson 188 Richmond 196	1977	Marshall 37 VMI 55 Furman 60 Appalachian State 122 Western Carolina 148 Davidson 161 The Citadel 169 Chattanooga 214
1933	Duke 23 North Carolina 48 VMI 77 North Carolina State 110 Washington & Lee 124	1951	North Carolina State 39 Maryland 45 North Carolina 94 Duke 115 VMI 138 West Virginia 151 Davidson 152 William & Mary 259	1966	William & Mary 21 East Carolina 78 VMI 93 West Virginia 94 Furman 147 The Citadel 147 Richmond 166 Davidson 180	1978	ETSU 20 Marshall 37 Furman 87 Appalachian State 136 VMI 158 Davidson 173 The Citadel 177 Western Carolina 223 Chattanooga 240
1934	North Carolina 31 Duke 52 North Carolina State 58 Washington & Lee 96	1952	North Carolina State 49 Maryland 65 West Virginia 69 VMI 106 Duke 160 North Carolina 164 Richmond 165 Davidson 190 Washington & Lee 219	1967	William & Mary 30 East Carolina 44 West Virginia 112 Furman 115 VMI 119 Richmond 131 Davidson 162	1979	ETSU 16 Marshall 68 VMI 75 Furman 116 Western Carolina 143 Appalachian State 155 The Citadel 171 Davidson 209 Chattanooga 277
1935	Duke 26 North Carolina 42 Washington & Lee 89 North Carolina State 91	1955	William & Mary 40 VMI 41 Davidson 75	1968	William & Mary 29 East Carolina 34 Furman 88 Richmond 118 VMI 126 Davidson 157	1980	ETSU 15 VMI 68 Marshall 93 Appalachian State 106 Furman 116 Davidson 171 The Citadel 173 Western Carolina 199 Chattanooga 285
1936	North Carolina 32 Washington & Lee 56 Duke 91 Richmond 104 North Carolina State 123 Davidson 135 Furman	1956	William & Mary 34 VMI 60 Virginia Tech 86 Davidson 116 West Virginia 140 Richmond 155 Washington & Lee 156	1969	William & Mary 21 Furman 60 VMI 81 East Carolina 83 The Citadel 137 Richmond 172 Davidson 174	1981	ETSU 15 Appalachian State 64 VMI 79 Marshall 107 Furman 112 Davidson 190 Western Carolina 199 The Citadel 223 Chattanooga 237
1937	North Carolina 27 Washington & Lee 92 Davidson 97 Maryland 100 William & Mary 100 Duke 122 North Carolina State 183	1957	William & Mary 33 VMI 49 Richmond 86 West Virginia 98 Davidson 127 Washington & Lee 164	1970	William & Mary 23 East Carolina 62 Furman 78 The Citadel 98 VMI 129 Richmond 147 Davidson 209	1982	ETSU 15 Appalachian State 63 Furman 96 Marshall 116 VMI 148 The Citadel 173 Western Carolina 178 Davidson 202 Chattanooga 234
1938	North Carolina 28 Maryland 58 Davidson 83 Duke 102	1958	VMI 47 West Virginia 63 William & Mary 68 Furman 80 Davidson 101	1971	William & Mary 19 East Carolina 65 Furman 72 The Citadel 84 VMI 175 Davidson 181		
1939	North Carolina 10 Maryland 64 Duke 68 Richmond 100 William & Mary 141	1959	VMI 39 West Virginia 71 William & Mary 79 Davidson 96 Furman 101 The Citadel 117	1972	William & Mary 15 Furman 65 The Citadel 108 East Carolina 111 VMI 133 Davidson 152 Appalachian State 183 Richmond 185		
1940	North Carolina 33 Maryland 41 VMI 63 Duke 95 William & Mary 147	1960	VMI 44 Virginia Tech 68 Furman 82 West Virginia 92 Davidson 114 William & Mary 120 The Citadel 179				
1941	North Carolina 45 Duke 55 Maryland 70 VMI 82 William & Mary 164						
1942-45	NO MEET						

MEN'S CHAMPIONSHIP MEET RESULTS

1983	ETSU 19 Appalachian State 48 Marshall 103 VMI 134 The Citadel 145 Furman 158 Western Carolina 162 Davidson 184 Chattanooga 218	The Citadel 149 Marshall 153 VMI 169 Georgia Southern 198 Davidson 262	ETSU 83 Furman 99 Davidson 140 The Citadel 203 VMI 214 UNCG 225 College of Charleston 291 Wofford 332	Davidson 73 Furman 82 Appalachian State 91 Chattanooga 103 Western Carolina 166 Elon 166 College of Charleston 205 The Citadel 260 Wofford 279 Samford 288
1984	ETSU 47 Marshall 56 Appalachian State 87 VMI 114 Chattanooga 148 Western Carolina 157 Furman 199 The Citadel 203 Davidson 219	1994 Appalachian State 23 ETSU 61 Western Carolina 97 Marshall 116 Chattanooga 156 Furman 156 VMI 167 The Citadel 201 Davidson 230 Georgia Southern 250	2003 Chattanooga 52 Appalachian State 59 ETSU 98 Furman 103 Western Carolina 119 Davidson 141 UNCG 147 The Citadel 215 College of Charleston 223 Elon 253 Wofford 337	* later vacated title 2012 Appalachian State 63 Chattanooga 91 UNCG 93 Davidson 97 Furman 129 Western Carolina 151 Samford 152 Elon 169 The Citadel 220 College of Charleston 281 Wofford 303
1985	ETSU 31 Marshall 58 Appalachian State 97 The Citadel 110 VMI 136 Furman 138 Chattanooga 138 Davidson 197 Western Carolina 234	1995 ETSU 40 Appalachian State 52 Western Carolina 68 Chattanooga 81 Marshall 127 VMI 136 Georgia Southern 196 The Citadel 205 Davidson 212 Furman 216	2004 Chattanooga 34 Appalachian State 56 Furman 72 UNCG 114 Western Carolina 121 Davidson 166 ETSU 186 Elon 190 The Citadel 231 College of Charleston 249 Wofford 358	2013 Furman 48 Appalachian State 63 Chattanooga 73 UNCG 74 Davidson 124 Samford 148 Elon 167 Western Carolina 221 The Citadel 269 Wofford 282
1986	Marshall 24 Appalachian State 73 ETSU 79 Chattanooga 97 VMI 124 Furman 139 Davidson 201 The Citadel 212 Western Carolina 256	1996 ETSU 54 Appalachian State 57 Western Carolina 72 Chattanooga 81 Marshall 134 VMI 148 Furman 166 The Citadel 236 Georgia Southern 247 Davidson 262	2005 Appalachian State 34 Chattanooga 67 Furman 84 Davidson 106 UNCG 151 Western Carolina 154 Elon 164 College of Charleston 175 The Citadel 234 Wofford 313	2014 Furman 15 ETSU 71 VMI 92 Samford 108 Chattanooga 148 Western Carolina 156 UNCG 196 Mercer 212 Wofford 234 The Citadel 283
1987	Appalachian State 51 ETSU 73 Chattanooga 93 VMI 103 Marshall 105 Furman 121 The Citadel 146 Davidson 198 Western Carolina 232	1997 Appalachian State 46 Chattanooga 50 ETSU 70 Western Carolina 71 VMI 151 The Citadel 152 Furman 162 Davidson 211 Georgia Southern 249 UNCG 266 Wofford 336	2006 Appalachian State 51 Furman 70 UNCG 94 Davidson 104 Chattanooga 121 The Citadel 164 Elon 174 College of Charleston 175 Western Carolina 207 Wofford 289	2015 Furman 20 VMI 79 ETSU 90 Samford 120 UNCG 157 Western Carolina 169 Chattanooga 173 Wofford 216 Mercer 223 The Citadel 247
1988	ETSU 28 Appalachian State 61 Marshall 86 VMI 110 Furman 113 Chattanooga 140 The Citadel 174 Western Carolina 194	1998 Chattanooga 24 ETSU 45 Appalachian State 99 Western Carolina 108 Davidson 126 Furman 127 College of Charleston 190 The Citadel 230 VMI 256 Georgia Southern 298 UNCG 304 Wofford 364	2007 Appalachian State 27 Chattanooga 56 Furman 86 Davidson 143 UNCG 146 Elon 152 Western Carolina 158 The Citadel 220 College of Charleston 221 Wofford 282	2016 Furman 22 Samford 51 ETSU 93 Chattanooga 113 VMI 117 Wofford 218 Western Carolina 219 UNCG 220 The Citadel 221 Mercer 271
1989	Appalachian State 53 ETSU 53 Marshall 64 VMI 110 Western Carolina 138 Chattanooga 149 Furman 161 The Citadel 166	1999 Chattanooga 41 Appalachian State 94 Furman 100 ETSU 117 VMI 156 UNCG 157 Davidson 162 College of Charleston 169 Western Carolina 195 The Citadel 199 Wofford 303	2008 Appalachian State 40 Chattanooga 57 Furman 70 Samford 124 UNCG 126 Elon 132 Western Carolina 197 Davidson 198 College of Charleston 275 The Citadel 286 Wofford 342	2017 Furman 15 ETSU 61 Samford 78 Chattanooga 120 VMI 160 UNCG 195 Western Carolina 200 Wofford 211 The Citadel 225 Mercer 233
1990	ETSU 20 Appalachian State 52 Marshall 94 VMI 115 Western Carolina 138 Furman 139 Chattanooga 152 The Citadel 167	2000 Appalachian State 43 Chattanooga 91 Furman 115 The Citadel 121 VMI 138 UNCG 161 Davidson 161 Western Carolina 163 ETSU 169 College of Charleston 278 Wofford 311	2009 Appalachian State 44 Davidson 82 UNCG 83 Chattanooga 109 Elon 134 Furman 146 Western Carolina 158 College of Charleston 203 The Citadel 218 Samford 261 Wofford 276	2018 Furman 23 ETSU 57 Samford 72 UNCG 138 VMI 169 Western Carolina 184 Mercer 185 Chattanooga 203 Wofford 238 The Citadel 262
1991	ETSU 17 Appalachian State 71 Marshall 80 Furman 106 Chattanooga 124 Western Carolina 135 VMI 140 The Citadel 204	2001 Appalachian State 39 Chattanooga 72 Western Carolina 93 Davidson 134 UNCG 137 ETSU 144 Furman 147 The Citadel 198 College of Charleston 221 VMI 242	2010 Appalachian State 55 UNCG 66 Chattanooga 74 Davidson 100 Furman 118 Elon 153 Western Carolina 180 College of Charleston 197 Samford 236 The Citadel 278 Wofford 292	2019 Furman 21 ETSU 56 Samford 92 VMI 106 UNCG 127 Chattanooga 166 Mercer 182 Western Carolina 224 Wofford 246 The Citadel 285
1992	ETSU 23 Appalachian State 43 Marshall 95 Furman 123 The Citadel 154 Western Carolina 154 Davidson 187 Georgia Southern 189 Chattanooga 197 VMI 229	2002 Appalachian State 63 Chattanooga 68 Western Carolina 74	2011 UNCG* 26	
1993	Appalachian State 29 Western Carolina 74 Furman 104 ETSU 127 Chattanooga 141			

MEN'S TEAM & INDIVIDUAL RECORDS

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

Individual champions (multiple winners)

Name	School	Titles	Years
Seamus Power	ETSU	4	1990-93
Emmanuel Kirwa	Chattanooga	3	2008-10
Nic Crider	Chattanooga	3	1996-98
Dennis Stark	ETSU	3	1981-83
Ron Martin	William & Mary	3	1970-71, 73
Jim Johnson	William & Mary	3	1963-65
Bob Palmer	Maryland	3	1947-49
Paul Chelimo	UNCG	3	2011-13
Steven Kocsis	Chattanooga	2	2003-04
Ryan Kendall	Chattanooga	2	2000-01
Brian Dunne	ETSU	2	1984-85
Adrian Leek	ETSU	2	1978,80
Terry Donnelly	William & Mary	2	1966-67
Louis Castagnola	Virginia Tech	2	1959-60
Bob DeTombe	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
Aaron Templeton	Furman	2	2017-18

Coach of the Year awards (multiple winners)^

Name	School	Titles	Years
Dave Walker	ETSU	13	1978-85, 88, 90, 92, 95-96
Mike Curcio	Appalachian State	10	1997, 00-02, 05, 07-10, 12
Robert Gary*	Furman	7	2013-19
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
Paul Chelimo	UNCG	3	2011-13
Steven Kocsis	Chattanooga	2	2003-04
Seamus Power	ETSU	2	1992-93
Aaron Templeton	Furman	2	2017-18

^began in 1992

MEN'S ALL-CONFERENCE SELECTIONS

Four-time all-conference

Name	School	Years
Russell Thoburn	West Virginia	1950, 52-54
Bob DeTombe	William & Mary	1955-58
Larry Williams	VMI	1957-60
John Dotson	Marshall	1977-80
Mike Mansy	ETSU	1979-82
Kevin Johnson	ETSU	1980-83
Conrad Conneely	ETSU	1982-85
Brian Dunne	ETSU	1982-85
Thomas O'Gara	ETSU	1985-86, 88-89
Pete Vandenberg	Appalachian State	1986-89
Seamus Power	ETSU	1990-93
Billy Pemberton	Appalachian State	1990-93
Declan Fahy	ETSU	1994-97
Ben Bisette	Appalachian State	1997-00
Phil Mitchell	Appalachian State	2006-09
Tripp Hurt	Furman	2011*-14
Tanner Hinkle	Furman	2013*-15, 17
Troy Reeder	Furman	2013-15, 17
Aaron Templeton	Furman	2014-15, 17-18
Ryan Adams	Furman	2016-17*, 18-19

Three-time all-conference

Name	School	Years
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	ETSU	1978-80

John Dotson	Marshall	1978-80
Dennis Stark	ETSU	1981-83
Gerald Duffy	ETSU	1982-84
David Tabor	Marshall	1984-86
Greg Hoofnagle	VMI	1985-87
Duane Miller	Marshall	1988-90
Dennis Barry	ETSU	1990-92
Mark Gladwell	Marshall	1991-92, 94
Tom Holland	Appalachian State	1992, 94-95
Seth Peoples	Appalachian State	1994-95, 97
John Fenton	ETSU	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	ETSU	2001-03
Steven Kocsis	Chattanooga	2001, 03-04
Gediminas Banevicius	Chattanooga	2002-04
Adam Pruett	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
Demetrios Pagonis	Davidson	2009*-10*, 12*
Josey Weaver	Western Carolina	2009*-10, 12*
Luis Vargas	Elon	2011*-12
Paul Chelimo	UNCG	2011-13
Paul Katam	UNCG	2011-13^A
Lucas Cotter	Chattanooga	2011-13*
Arse'ne Guillourel	Samford	2014*-17
Josh Brickell	Furman	2015-17
Frank Lara	Furman	2014-17
Mason Coppi	Furman	2016-18
Ben Bryant	Samford	2016*-17*, 18*
Jake Ogden	Furman	2016*-17*, 18*
Daniel Bernal	Furman	2017*, 18-19

MEN'S ALL-CONFERENCE TEAMS

1950
Clyde Garrison, NCSU
Bill Creamer, MD
Kehoe, MD
Hamrich, UNC
Russell Thoburn, WVU
Beasley, WVU
Harris, MD
Shirley, WVU

1951
Clyde Garrison, NCSU
Bill Creamer, MD
Jack Tibbets, MD
T. Stockton, DAV
Al Buehler, MD
Barden, UNC
Joe Shockley, NCSU
Buzz Sawyer, NCSU

1952
Buzz Sawyer, NCSU
Clyde Garrison, NCSU
Jack Tibbets, MD
Russell Thoburn, WVU
Thiede, UR
Good, MD
Joe Shockley, NCSU
Horsely, MD

1953
Russell Thoburn, WVU
Sparks, DAV
Cascio, WVU
Diehel, WVU
Tonkin, VMI
Hashinger, WVU
Diggs, W&L
Shores, WVU

1954
Ben Angle, VMI
Pete Ashcraft, DAV
Jean, VMI
Bourke, VMI
Barry, W&L
Russell Thoburn, WVU
Jackson, VMI
Kaimakides, WVU

1955
Dave Pitkethly, VMI
Bob DeTombe, W&M
Pete Ashcraft, DAV
Charles Catlett, VT
Curry, W&M
Jackson, VMI
Dave Youngblade, W&M
Burke Armstrong, W&L

1956
Dave Pitkethly, VMI
Bob DeTombe, W&M
Angus McBride, DAV
Dave Youngblade, W&M
Harry Rayle, VMI
Charles Catlett, VT
Gilbert McNair, W&M
Wingfield, VT

1957
Bob DeTombe, W&M
Bob Bowman, VT
Larry Williams, VMI
Angus McBride, DAV
Harry Rayle, VMI
Warren Chukinas, UR
David Campana, W&M
Bob Bassett, W&M

1958
Bob DeTombe, W&M
John Brown, FUR
Angus McBride, DAV
Charlie Phillips, FUR
Larry Williams, VMI
John McDougal, VMI
Sid Vinali, WVU
Joel Murphy, WVU

1959
Lou Castagnola, VT
Tom Spellsburg, WVU
W.F. Eckhart, DAV
Larry Williams, VMI
John McDougal, VMI
Raynor Baldwin, WVU
Bob Huddle, VMI
Bob Bassett, W&M

1960
Lou Castagnola, VT
Thad Talley, FUR
Gene Simpson, VT
Charles Carlton, VMI
Raynor Baldwin, WVU
Larry Williams, VMI
Charles Rea, WVU
Sterling Martin, DAV

1961
Coppely Vickers, FUR
Dennis Patterson, FUR
Thad Talley, FUR
Gene Simpson, VT
Bob Lawson, W&M
Roger Meador, WVU
Charles Carlton, VMI
Dave Tyler, FUR
Sterling Martin, DAV

1962
Dennis Patterson, FUR
Coppely Vickers, FUR
Dave Tyler, FUR
Roger Meador, WVU
Don Sweeney, WVU
Gene Simpson, VT
Charles Rea, WVU
Sterling Martin, DAV

1963
Jim Johnson, W&M
Bob Lawson, W&M
Jack Frazer, VMI
Joe Kubic, WVU
Dennis Patterson, FUR
Don Sweeney, WVU
Frank Louthan, VMI
Richard Mull, WVU

1964
Jim Johnson, W&M
Don Sweeney, WVU
Howard Jackson, WVU
Aver Sayer, FUR
Joe Philpott, W&M
Charles Jerrigan, FUR
Frank Louthan, VMI
Nat Ward, VMI

1965
Jim Johnson, W&M
Curt Hollifield, FUR
Terry Donnelly, W&M
Skip Poole, FUR
Charles Jerrigan, FUR
Ned Hopkins, W&M
Howard Jackson, WVU
Steve Chvavlevich, WVU

1966
Terry Donnelly, W&M
Carl Hatfield, WVU
George Davis, W&M
Chop Jordan, W&M
Don Jayroe, ECU
Richard Widell, W&M
Juris Luzins, W&M
Steve Chvavlevich, WVU

1967
Terry Donnelly, W&M
George Davis, W&M
Don Jayroe, ECU
Chop Jordan, W&M
Ken Voss, ECU
Carl Hatfield, WVU
Randy Martin, ECU
Fred Guest, UR

1968
George Davis, W&M
Don Jayroe, ECU
Fred Guest, UR
Chop Jordan, W&M
Neal Ross, ECU
Ken Voss, ECU
Howell Michael, W&M
Juris Luzins, W&M

1969
Michael Howell, W&M
Lee Fidler, FUR
Randy Fields, W&M
Neal Ross, ECU
Ted Wood, W&M
Wayne McBride, W&M
Doug Nelson, FUR
Steve Hively, VMI

1970
Lee Fidler, FUR
Randy Fields, W&M
Jay Gasell, W&M
Fred Guest, UR
Ed Hereford, ECU
Ron Martin, W&M
Howell Michael, W&M
Steve Snyder, W&M

1971
Jim Boyd, CIT
Tim Cook, W&M
Jay Gasell, W&M
Dave Koss, FUR
Bill Louv, W&M
Ron Martin, W&M
Bill Moddy, FUR
Steve Snyder, W&M

1972
Bill Louv, W&M
Mac Collins, W&M
John Greenplate, W&M
Reggie Clark, W&M
Steve Snyder, W&M
Brendan Gallagher, W&M
Gene Schultz, W&M
Ed Rigsby, ECU

1973
Ron Martin, W&M
Tim Cook, W&M
Bill Louv, W&M
John Greenplate, W&M
Reggie Clark, W&M
Mac Collins, W&M
Brendan Gallagher, W&M
Ed Rigsby, ECU

1974
Reggie Clark, W&M
John Greenplate, W&M
Tim Cook, W&M
George Baquis, W&M
Chris Tulon, W&M
Steve Nobles, W&M
Gene Schultz, W&M
Jon Lott, W&M

1975
Chris Tulon, W&M
Mac Collins, W&M
Steve Nobles, W&M
Chris Borch, FUR
Mike Ellington, W&M
Jon Michael, W&M
Kevin Ellis, W&M
Mike Gilleran, W&M

1976
Mike Ellington, W&M
Kevin Cropp, W&M
Chris Borch, FUR
Jim Shields, W&M
Phil Barker, FUR
Rex Wiggins, VMI
Dave Branch, FUR
Rich Watts, MAR

1977
Rex Wiggins, VMI
John Dotson, MAR
Brian Jonard, MAR
Dennis Kasprzyk, WCU
Phil Barker, FUR
Pinkney Coty, DAV
Damon Clark, MAR
Joe Jenkins, VMI

1978
Adrian Leek, ETSU
Mike Dixon, ETSU
Ronnie Carroll, ETSU
Brian Jonard, MAR
John Dotson, MAR
Mark Scruton, ETSU
David Kine, MAR
Zane Branson, ETSU

1979
Louis Kenny, ETSU
Adrian Leek, ETSU
Ronnie Carroll, ETSU
Mike Dixon, ETSU
Kim Nutter, MAR
Mike Mansy, ETSU
John Dotson, MAR
Ben Turpin, ETSU

1980
Adrian Leek, ETSU
Arthur Stark, ETSU
Kevin Johnson, ETSU
Mike Mansy, ETSU
Zane Branson, ETSU
David Henry, MAR
John Dotson, MAR
Ed Daniel, VMI

1981
Dennis Stark, ETSU
Mike Mansy, ETSU
Ben Turpin, ETSU
Carey Nelson, ETSU
Kevin Johnson, ETSU
Jack Ditt, VMI
Bill Cason, FUR
Bobby Wilhoit, APP

1982
Dennis Stark, ETSU
Carey Nelson, ETSU
Mike Mansy, ETSU
Conrad Conneely, ETSU
Gerald Duffy, ETSU
Brian Dunne, ETSU
Kevin Johnson, ETSU
Bill Cason, FUR

1983
Dennis Stark, ETSU
Jack Ditt, VMI
Gerald Duffy, ETSU
Conrad Conneely, ETSU
Kevin Johnson, ETSU
Brian Dunn, ETSU
Paul Goeway, APP
Bobby Wilhoit, APP
Robert Baker, WCU

1984
Brian Dunne, ETSU
Robert Baker, WCU
Phil Roberts, WCU
David Tabor, MAR
Mark Shea, APP
Gerald Duffy, ETSU
David Ball, MAR
Conrad Conneely, ETSU
Tim Ensign, UTC
Paul Goeway, APP

1985
Brian Dunne, ETSU
Phil Roberts, WCU
David Tabor, MAR
Randy Hale, ETSU
Conrad Conneely, ETSU
Mark Shea, APP
Adam Jabelski, FUR
Thomas O'Gara, ETSU
Richard Stewart, MAR
Greg Hoofnagle, VMI

1986
David Tabor, MAR
Todd Crosson, MAR
Thomas O'Gara, ETSU
Dan Rechner, MAR
Pete Vandenberg, APP
Greg Hoofnagle, VMI
Eric Hopkins, ETSU
David Marks, MAR
Charlie Ward, MAR
Tom O'Bryant, UTC

1987
Shamus Hynes, ETSU
Dave Ball, MAR
Greg Hoofnagle, VMI
Pete Vandenberg, APP
Craig Warren, APP
Adam Jagelski, FUR
Scott Vance, APP
Raymond Jones, ETSU
Ronald Haley, UTC
Shawn Leatherwood, WCU

1988
Tom O'Gara, ETSU
John Erickson, ETSU
Brian Caffrey, FUR
Shamus Hynes, ETSU
Duane Miller, MAR
Scott Faulds, ETSU
Pete Vandenberg, APP
Charlie Ward, MAR
Dave Maxfield, FUR
Charlie Storm, APP

1989
James Hynes, ETSU
Tom O'Gara, ETSU
Pete Vandenberg, APP
Brad Dodson, APP
Duane Miller, MAR
David Maxfield, FUR
Shawn Leatherwood, WCU
Richard Falcon, VMI
Todd Walters, APP
Randy Gibbs, MAR

1990
Seamus Power, ETSU
Scott Faulds, ETSU
Dennis Barry, ETSU
Kevin Gill, ETSU
Brad Dodson, APP
Billy Pemberton, APP
Mark Newman, UTC
Duane Miller, MAR
Anthony Brinkley, VMI
Michael Saunders, ETSU

1991
Seamus Power, ETSU
Kevin Gill, ETSU
Dennis Barry, ETSU
Billy Pemberton, APP
Rick Patterson, ETSU
Patrick Davoren, ETSU
Mark Gladwell, MAR
Dave Ball, MAR
Mark Newman, UTC
Steve Simandle, APP

1992
Seamus Power, ETSU
Rick Patterson, ETSU
Dennis Barry, ETSU
Tom Holland, APP
Patrick Davoren, ETSU
Thomas Cason, FUR
Todd Walters, APP
Bill Pemberton, APP
Mark Gladwell, MAR
Tony Patrick, MAR

1993
Seamus Power, ETSU
Billy Pemberton, APP
Chris Huffstickler, APP
John Crumbliss, APP
Donnie Reuss, WCU
Brian Miesch, APP
Cronan Grantley, ETSU
Gary Myers, FUR
Mike King, GSU
Matt Gray, WCU

MEN'S ALL-CONFERENCE TEAMS

1994
Tommy Holland, APP
Declan Fahy, ETSU
Brian Miesch, APP
Seth Peoples, APP
John Crumbliss, APP
Donnie Reuss, WCU
John Fenton, ETSU
Mark Gladwell, MAR
Bob Butcher, CIT
Alan Whicker, APP

1995
Derek Murphy, ETSU
Tommy Holland, APP
John Fenton, ETSU
Seth Peoples, APP
Kyle McLean, UTC
Declan Fahy, ETSU
Fred Reinhardt, ETSU
Russ Sweitzer, VMI
Chris Huffstickler, APP
Jack Murphy, WCU

1996
Nic Crider, UTC
Bill Baldwin, WCU
DeClan Fahy, ETSU
Anthony Famiglietti, APP
John Fenton, ETSU
Stephen Thacker, APP
Will Dickerson, APP
Turner Norris, WCU
Brian Clark, WCU
Jud Sarver, APP

1997
Nic Crider, UTC
DeClan Fahy, ETSU
Anthony Famiglietti, APP
Joe Smith, VMI
Collin Webster, WCU
Brian Clark, WCU
Ben Bisette, APP
Seth Peoples, APP
Rodney Stoker, UTC
Bill Baldwin, WCU

1998
Nic Crider, UTC
Zach Whitmarsh, ETSU
Rodney Stoker, UTC
Derek Murphy, ETSU
Kyle McLean, UTC
Jeremiah Buechner, WCU
Mike Leinweber, UTC
Curtis Gadula, UTC
Shon Grice, UTC
Ben Bisette, APP

1999
Brent Ferrell, DAV
Curtis Gadula, UTC
Ben Bisette, APP
Joe Smith, VMI
Mike Aiken, CofC
Danielle Lenarduzzi, UTC
Zachary Whitmarsh, ETSU
Kyle McLean, UTC
David Jordan, UNCG
Ryan Kendall, UTC

2000
Ryan Kendall, UTC
Ben Bisette, APP
Joseph Smith, VMI
Curtis Gadula, UTC
Matt Nolan, UNCG
Andrew Cawood, CIT
Greg Sprowl, ETSU
Franklin Manchester, APP
Dwight Thomas, UTC
Shawn Evans, APP

2001
Jesse Norman, WCU
Bradley Yewer, ETSU
Caleb Bailey, WCU
Shawn Evans, APP
Joe Halin, APP
Dan Bigson, DAV
Steven Kocsis, UTC
Michael Reed, APP
Ryan Toler, APP
Ryan Kendall, UTC

2002
Gediminas Banevicius, UTC
Kevin Crosby, FUR
Adam Puett, WCU
Bradley Yewer, ETSU
Michael Reed, APP
David Haefner, ETSU
Ryan Toler, APP
James Grufferty, ETSU
Grady Powell, FUR
Benn Watkins, WCU

2003
Steven Kocsis, UTC
Bradley Yewer, ETSU
Caleb Bailey, WCU
Kevin Crosby, FUR
Colin Sullivan, UTC
Tyler Johnson, FUR
Gediminas Banevicius, UTC
Carson Blackwelder, APP
Joe Halin, APP
Ian Mayne, UTC

2004
Steven Kocsis, UTC
Tyler Johnson, FUR
Colin Sullivan, UTC
Adam Puett, WCU
Ian Mayne, UTC
Gediminas Banevicius, UTC
Carson Blackwelder, APP
Mark Maddox, APP
Eric Albrecht, FUR

2005
Ian Mayne, UTC
Adam Van Nortwick, APP
Tyler Johnson, FUR
Jeff Taylor, UTC
Adam Puett, WCU
Nathan Hernandez-Adams, APP
Brian Deal, APP
Eric Albrecht, FUR
Brendon Helms, APP
Mike Mitchell, APP

2006
Phil Mitchell, APP
Patrick Morgan, FUR
Lance Harden, DAV
Tim Clark, UTC
Josh Wyatt, UNCG
Dan Fassinger, WCU
Eric Albrecht, FUR
Nicolas Vaccaro, UNCG
Ryan O'Keefe, APP
Nathan Hernandez-Adams, APP

2007
Brian Deal, APP
Patrick Morgan, FUR
Michael Mentz, UTC
Chris Berry, UTC
Asmeron Desta, APP
Mark Maddox, APP
Alec Meyer, APP
Ryan O'Keefe, APP
Blair Teal, APP
Phil Mitchell, APP

2008
First Team
Emmanuel Kirwa, UTC
Asmeron Desta, APP
Chris Berry, UTC
Patrick Morgan, FUR
Phil Mitchell, APP
Cameron Bean, SAM
Alex Plasencia, FUR

Second Team
Charlie McGoogan, FUR
Ryan O'Keefe, APP
Josh Houser, APP
Lance Harden, DAV
Joshue Vasquez, UTC
Jermaine Coore, UNCG
Alec Meyer, APP

All-Freshman
Joshue Vasquez, UTC
Jermaine Coore, UNCG
Sean Soderman, APP
Zachary Flickinger, FUR
Joey Thompson, UNCG
Matt Baltimore, UTC
Josey Weaver, WCU

2009
First Team
Emmanuel Kirwa, UTC
Mike Koech, UNCG
Lance Harden, DAV
Phil Mitchell, APP
Joey Thompson, UNCG
Sean Soderman, APP
Alec Meyer, APP

Second Team
Ryan Hopkins, DAV
Charlie McGoogan, FUR
Josh Houser, APP
Matthew Richardson, Elon
Josey Weaver, WCU
Stephen Hammond, WCU
Andy Clyne, UNCG

All-Freshman
Trey Parker, WOF
Burk Staub, APP
Nolan Clark, WCU
Brian Graves, APP
Kyle McLarty, UTC
Demetrios Pagonis, DAV
Mark Cole, UTC

2010
First Team
Emmanuel Kirwa, UTC
Joey Thompson, UNCG
Ryan Hopkins, DAV
Chris Berry, UTC
Mike Koech, UNCG
Charles McGoogan, FUR
Josey Weaver, WCU

Second Team
Will Raby, APP
Brandon Hudgins, APP
Demetrios Pagonis, DAV
Alex Taylor, APP
Sean Soderman, APP
AJ Savoia, UNCG
Lucas Cotter, UTC

All-Freshman
Lucas Cotter, UTC
Nick Schneider, Elon
Andrew Nelson, CofC
Layton Dorsett, SAM
Grayam Sailor-Tynes, DAV
Ben Perron, Elon
Kenny Hinman, UNCG

2011
First Team
Paul Chelimo, UNCG
Ryan Hopkins, DAV
Joey Thompson, UNCG
Paul Katam, UNCG^
Chris Berry, UTC
Lucas Cotter, UTC
Abraham Kemboi, UNCG

Second Team
Alex Taylor, APP
Will Raby, APP
Luis Vargas, Elon
Mike Koech, UNCG
Tripp Hurt, FUR
Chris Caldwell, FUR
Mark Cole, UTC

All-Freshman
Paul Katam, UNCG^
Luis Vargas, Elon
Tripp Hurt, FUR
Sean Magee, Elon
Travis Alfaro, WCU
Whitner Chase, DAV
Henry Falotico, DAV

^ later vacated

2012
First Team
Paul Chelimo, UNCG
Paul Katam, UNCG^
Nathan Wanuch, UTC
Alex Taylor, APP
Wilkerson Given, FUR
Luis Vargas, Elon
Tripp Hurt, FUR

Second Team
Demetrios Pagonis, DAV
Abraham Kemboi, UNCG
Wes Reynolds, DAV
Sean Soderman, APP
Lucas Cotter, UTC
Josey Weaver, WCU
Mike Lilley, APP

All-Freshman
Trevor Janssen, UTC
Luke Weishaar, SAM
Daniel Samet, DAV
Brandon Hazouri, SAM
Paul Stuart, UTC
Mitchell McLeod, APP
Adam Jones, SAM

^ later vacated

2013
First Team
Paul Chelimo, UNCG
Paul Katam, UNCG
Luis Vargas, Elon
Tripp Hurt, FUR
Lucas Cotter, UTC
Kyle McFoy, APP
Troy Reeder, FUR

Second Team
Dylan Belles, UNCG
Tanner Hinkle, FUR
Josh Cox, APP
Mark Cole, UTC
Brock Baker, FUR
James Howard-Smith, APP
Will Raby, APP

All-Freshman
Troy Reeder, FUR
Tanner Hinkle, FUR
Brock Baker, FUR
Michael Ellis, APP
Nate Riech, FUR
Connor Sorres, FUR
Clay Howarth, WCU

2014
First Team
Tripp Hurt, FUR
Troy Reeder, FUR
Aaron Templeton, FUR
Tanner Hinkle, FUR
Brock Baker, FUR
Frank Lara, FUR
Austin Sprague, FUR

Second Team
William Ivey, FUR
Mark Hadley, FUR
Avery Martin, VMI
Simeon Roberts, ETSU
Travis Alfaro, WCU
Arse'ne Guillourel, SAM
Sean Duffy, ETSU

All-Freshman
Aaron Templeton, FUR
Frank Lara, FUR
Austin Sprague, FUR
Mark Hadley, FUR
Arse'ne Guillourel, SAM
Geoffrey Korir, UNCG
Tyler Richards, VMI

2015
First Team
Arse'ne Guillourel, SAM
Troy Reeder, FUR
Tanner Hinkle, FUR
Austin Sprague, FUR
Frank Lara, FUR
Aaron Templeton, FUR
Josh Brickell, FUR

Second Team
Kyle Polman, FUR
Avery Martin, VMI
Mark Hadley, FUR
Sean Helmke, VMI
Paul Stuart, UTC
Simeon Roberts, ETSU
James Garst, ETSU

All-Freshman
James Garst, ETSU
Liam Brooks, WCU
Ahmed Jama, MER
Kyle Sabourin, VMI
Ben Bryant, SAM
Cisco Ferre, WOF
Richard Guiry, UTC

2016
First Team
Frank Lara, FUR
Josh Brickell, FUR
Arse'ne Guillourel, SAM
Ryan Adams, FUR
Brandon Hazouri, SAM
Mason Coppi, FUR
Simeon Roberts, ETSU

Second Team
Ben Bryant, SAM
Matt Lange, FUR
Jake Ogden, FUR
Brennan Huber, UTC
James Broom, VMI
Paul Stuart, UTC
Quintin McKinnish, FUR

Freshman
Ryan Adams, FUR
Mason Coppi, FUR
Jake Ogden, FUR
Dillon Dean, SAM
Adam Bradtmueller, ETSU
Ryan Drew, VMI
Patrick McNamara, FUR

2017
First Team
Aaron Templeton, FUR
Josh Brickell, FUR
Tanner Hinkle, FUR
Frank Lara, FUR
Troy Reeder, FUR
Arse'ne Guillourel, SAM
Mason Coppi, FUR

Second Team
Daniel Bernal, FUR
Ryan Adams, FUR
Ben Varghese, ETSU
Jake Ogden, FUR
Ben Bryant, SAM
Noah Charles, ETSU
James Garst, ETSU

Freshman
Daniel Bernal, FUR
Ben Varghese, ETSU
Noah Charles, ETSU
Louis Morris, ETSU
Soresa Gemechu, ETSU
Ben Garner, SAM
Juan Rodriguez, UNCG
Josiah Jaqua, MER

2018
First Team
Aaron Templeton, FUR
Ben Varghese, ETSU
Dillon Dean, SAM
Mason Coppi, FUR
Ryan Adams, FUR
Cameron Ponder, FUR
Daniel Bernal, FUR

Second Team
Trent Mandato, FUR
Jake Ogden, FUR
Noah Charles, ETSU
Davone Hernandez, VMI
Ben Bryant, SAM
Owen Bailey, SAM
Matthew Scarr, ETSU

MEN'S ALL-CONFERENCE TEAMS

Freshman

Thomas Kneppshield, UNCG
Robert Zell, MER
Jonathan Boyd, Chattanooga
Gavin Jenkins, VMMI
Gavin Cooper, ETSU
Brandon Hernandez, UNCG
Cameron Ponder, FUR

2019

First Team

Ryan Adams, FUR
Daniel Bernal, FUR
Ben Varghese, ETSU
Cameron Ponder, FUR
David Ahlmeyer, FUR
Dillon Dean, SAM
Jahanzib Shahbaz, VMI

Second Team

Adam Bradtmueller, ETSU
Ares Reading, FUR
Alex Roy, UNCG
Trent Mandato, FUR
Ben Garner, SAM
Gavin Jenkins, VMI
Noah Charles, ETSU

All-Freshman

David Ahlmeyer, FUR
Ares Reading, FUR
Jeb Jones, SAM
Noah Dolhare, FUR
Seth Bowden, ETSU
Jonathan Krone, VMI
Dennison Kelly, VMI

* In 2008, the SoCon coaches approved a motion to add an all-conference second team 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 is made up of the top seven freshman finishers.

Abbreviations

APP - Appalachian State
CofC - College of Charleston
CIT - The Citadel
DAV - Davidson
ECU - East Carolina
ETSU - ETSU
FUR - Furman
GSU - Georgia Southern
MAR - Marshall
MD - Maryland
MER - Mercer
UNC - North Carolina
NCSU - North Carolina State
UR - Richmond
SAM - Samford
UTC - Chattanooga
VMI - VMI
VT - Virginia Tech
W&L - Washington & Lee
WCU - Western Carolina
WVU - West Virginia
W&M - William & Mary
WOF - Wofford

WOMEN'S SOUTHERN 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 Henderson	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

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

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
Allie Buchalski	Furman	3	2014-15, 17
Hannah Steelman	Wofford	2	2018-19
Ashley Schnell	UNCG	2	2010-11
Cate Pichon	Furman	2	1990-91
Whitney Ball	Appalachian State	2	1988-89
Beth Ruggles	Appalachian State	2	1985, 87

WOMEN'S SOUTHERN CONFERENCE HONORS

<u>Coach of the Year</u>	
1985	Tom Roberts, ETSU
1986	John Weaver, Appalachian State
1987	John Roberts, ETSU
1988	John Weaver, Appalachian State
1989	Dave Walker, ETSU
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, ETSU
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
2012	Mike Curcio, Appalachian State
2013	Robert Gary, Furman
2014	Robert Gary, Furman
2015	Robert Gary, Furman Bill Gautier, Chattanooga
2016	Robert Gary, Furman
2017	Robert Gary, Furman
2018	Robert Gary, Furman
2019	Robert Gary, Furman

<u>Runner of the Year</u>	
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, ETSU
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
2012	Lauren D'Alessio, Samford
2013	Teghan Henderson, Chattanooga
2014	Allie Buchalski, Furman
2015	Allie Buchalski, Furman
2016	Karisa Nelson, Samford
2017	Allie Buchalski, Furman
2018	Hannah Steelman, Wofford
2019	Hannah Steelman, Wofford

<u>Freshman of the Year</u>	
1992	Heather VandeBrake, Furman
1993	Mary Jo Ferrigan, ETSU
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, ETSU
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
2012	Rachel Roberts, Samford
2013	Allie Buchalski, Furman
2014	Emma Mashburn, Furman
2015	Kathleen Mansure, UNCG
2016	Savannah Carnahan, Furman
2017	Hannah Steelman, Wofford
2018	Shila Kapaya, ETSU
2019	McKenzie Hogue, Samford

Coach of the Year awards (multiple winners)^

<u>Name</u>	<u>School</u>	<u>Titles</u>	<u>Years</u>
Bill Gautier	Chattanooga	9	1992, 97-98, 01, 04, 06-08, 15
Robert Gary*	Furman	7	2013-19
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 coaches

^began in 1985

Runner of the Year awards (multiple winners)^

<u>Name</u>	<u>School</u>	<u>Titles</u>	<u>Years</u>
Heather VandeBrake	Furman	3	1993-95
Mary Jayne Harrelson	Appalachian State	3	1998-00
Shannon Wommack	Chattanooga	3	2002, 04-05
Allie Buchalski	Furman	3	2014-15, 17
Ashley Schnell	UNCG	2	2010-11
Hannah Steelman	Wofford	2	2018-19

^began in 1992

WOMEN'S INDIVIDUAL HONORS

Runner of the Week

2000		2008		2015	
Aug. 13	Jill Braley, Furman	Sept. 3	Meg Gaffney, Appalachian State	Sept. 9	Allie Buchalski, Furman
Sept. 7	Heather Needham, Appalachian State	Sept. 9	Lauren Tomory, Furman	Sept. 16	Allie Buchalski, Furman
Sept. 27	Jill Braley, Furman	Sept. 17	Lauren Tomory, Furman	Sept. 23	Kaitlyn Lingard, Western Carolina
Oct. 2	Gina Recher, Chattanooga	Sept. 24	Meg Gaffney, Appalachian State	Sept. 30	Allie Buchalski, Furman
2001		Oct. 1	Chloe Kowalski, Furman	Oct. 7	Teghan Henderson, Chattanooga
Sept. 7	Sarah Primeau, Appalachian State	Oct. 8	Caroline Sanker, Davidson	Oct. 14	Laura Miller, Furman
Sept. 12	Roseline Addo, ETSU	Oct. 15	Megan Lordi, Furman	Oct. 21	Karisa Nelson, Samford
Sept. 25	Sarah Primeau, Appalachian State	Oct. 22	Meg Gaffney, Appalachian State	2016	
Oct. 3	Erin Howard, Furman	2009		Sept. 7	Savannah Carnahan, Furman
Oct. 10	Sharon Hacker, The Citadel	Sept. 9	Brittney Caudle, Appalachian State	Sept. 14	Savannah Carnahan, Furman
Oct. 17	Anna Brew, Davidson	Sept. 16	Chloe Kowalski, Furman	Sept. 21	Katy Link, UNCG
2002		Sept. 23	Brittney Caudle, Appalachian State	Sept. 28	Savannah Carnahan, Furman
Sept. 11	Sarah Primeau, Appalachian State	Sept. 30	Chloe Kowalski, Furman	Oct. 5	Karisa Nelson, Samford
Sept. 18	Shannon Wommack, Chattanooga	Oct. 7	Nicole Klasnic, Wofford	Oct. 12	Julia Rodriguez, Furman
Sept. 25	Sally Stanhope, Davidson	Oct. 14	Hillary Neal, Samford	Oct. 19	Savannah Carnahan, Furman
Oct. 2	Bev Roberts, Furman	Oct. 21	Hillary Neal, Samford	2017	
Oct. 9	Sarah Primeau, Appalachian State	2010		Sept. 6	Allie Buchalski, Sr., Furman
Oct. 16	Anna Brew, Davidson	Sept. 6	Brittney Caudle, Appalachian State	Sept. 13	Allie Buchalski, Sr., Furman
Oct. 23	Sarah Primeau, Appalachian State	Sept. 13	Anneli Uys, Chattanooga	Sept. 20	Hannah Steelman, Fr., Wofford
2003		Sept. 22	Lauren D'Alessio, Samford	Sept. 27	Hannah Steelman, Fr., Wofford
Sept. 10	Melanie Cooper, Western Carolina	Sept. 29	Dena O'Brien, College of Charleston	Oct. 4	Allie Buchalski, Sr., Furman
Sept. 17	Kelly Fillnow, Davidson	Oct. 6	Ashley Schnell, UNCG	Oct. 11	Emily Lane, Fr., Furman
Sept. 24	Noel Smith, Appalachian State	Oct. 13	Lauren D'Alessio, Samford	Oct. 18	Allie Buchalski, Sr., Furman
Oct. 1	Kyle Palmquist, College of Charleston	Oct. 20	Ashley Schnell, UNCG	2018	
Oct. 8	Allie Martin, Davidson	2011		Sept. 5	Gabbi Jennings, Furman
Oct. 15	Lanni Marchant, Chattanooga	Sept. 8	Erin Barker, Furman	Sept. 12	Logan Luckett, VMI
Oct. 22	Eleanor Wilson, UNCG	Sept. 13	Morgan Denecke, Elon	Sept. 19	Lindsey Stallworth, ETSU
2004		Sept. 21	Ashley Schnell, UNCG	Sept. 26	Mary Stewart Wilson, Wofford
Sept. 9	Katie Sujkowski, Appalachian State	Sept. 28	Dena O'Brien, College of Charleston	Oct. 3	Hannah Steelman, Wofford
Sept. 15	Kelly Fillnow, Davidson	Oct. 5	Lauren D'Alessio, Samford	Oct. 17	Savannah Carnahan, Furman
Sept. 22	Kyle Palmquist, College of Charleston	Oct. 13	Erin Barker, Furman	2019	
Sept. 29	Ashley Arnold, College of Charleston	Oct. 19	Ashley Schnell, UNCG	Sept. 4	Gabbi Jennings, Furman
Oct. 6	Shannon Wommack, Chattanooga	2012		Sept. 11	McKenzie Hogue, Samford
Oct. 13	Katie Sujkowski, Appalachian State	Sept. 5	Amanda Hamilton, Appalachian State	Sept. 18	Gabbi Jennings, Furman
Oct. 20	Ashley Arnold, College of Charleston	Sept. 12	Hayley McMahon, College of Charleston	Sept. 25	McKenzie Hogue, Samford
2005		Sept. 19	Chelsea Sumney, UNCG	Oct. 2	Hannah Steelman, Wofford
Sept. 7	Brenna Burns, Davidson	Sept. 26	Sara Curry, Georgia Southern	Oct. 9	Mary Grace Strozier, Samford
Sept. 14	Brenna Burns, Davidson	Oct. 3	Chelsea Sumney, UNCG	Oct. 16	Hannah Steelman, Wofford
Sept. 21	Kasey Smith, Appalachian State	Oct. 10	Sinead Haughey, Furman	Oct. 23	Gabbi Jennings, Furman
Sept. 28	Shannon Wommack, Chattanooga	Oct. 17	Jocelyn Keen, Western Carolina		
Oct. 5	Brenna Burns, Davidson	2013			
Oct. 12	Shannon Wommack, Chattanooga	Sept. 4	Kayla Schneider, Appalachian State		
Oct. 19	Brenna Burns, Davidson	Sept. 11	Teghan Henderson, Chattanooga		
2006		Sept. 18	Shaina Sumney, UNCG		
Sept. 6	Anna Mae Flynn, Elon	Sept. 25	Teghan Henderson, Chattanooga		
Sept. 13	Katie Hedley, College of Charleston	Oct. 2	Danielle McKee, The Citadel		
Sept. 20	Lanni Marchant, Chattanooga	Oct. 9	Allyson Oram, Elon		
Sept. 27	Anna Mae Flynn, Elon	Oct. 16	Danielle McKee, The Citadel		
Oct. 4	Brittany Johnson, Furman	Oct. 23	Allie Buchalski, Furman		
Oct. 11	Laura Hewston, The Citadel	2014			
Oct. 18	Jenna Wrieden, Appalachian State	Sept. 4	Kami Orrender, Mercer		
2007		Sept. 10	Teghan Henderson, Chattanooga		
Sept. 3	Becky Stewart, College of Charleston	Sept. 17	Teghan Henderson, Chattanooga		
Sept. 11	Shelly Taylor, Chattanooga	Sept. 24	Katie Hirko, ETSU		
Sept. 17	Caroline Sanker, Davidson	Oct. 1	Sinead Haughey, Furman		
Oct. 3	Caroline Sanker, Davidson	Oct. 8	Kami Orrender, Mercer		
Oct. 8	Jenna Callahan, Furman	Oct. 16	Julia Rodriguez, Furman		
Oct. 15	Jen Povick, Appalachian State	Oct. 22	Katie Hirko, ETSU		

WOMEN'S INDIVIDUAL HONORS

Runner of the Month

2003 September October	Kelly Fillnow, Davidson Allie Martin, Davidson	2010 September October	Lauren D'Alessio, Samford Ashley Schnell, UNCG	2016 September October	Savannah Carnahan, Furman Karisa Nelson, Samford
2004 September October	Kelly Fillnow, Davidson Shannon Wommack, Chattanooga	2011 September October	Erin Barker, Furman Ashley Schnell, UNCG	2017 September October	Allie Buchalski, Furman Allie Buchalski, Furman
2005 September October	Brenna Burns, Davidson Brenna Burns, Davidson	2012 September October	Amanda Hamilton, Appalachian State Lauren D'Alessio, Samford	2018 September October	Lindsey Stallworth, ETSU Hannah Steelman, Wofford
2006 September	Lanni Marchant, Chattanooga	2013 September October	Teghan Henderson, Chattanooga Danielle McKee, The Citadel	2019 September October	Hannah Steelman, Wofford Hannah Steelman, Wofford
2007 September	Caroline Sanker, Davidson	2014 September October	Teghan Henderson, Chattanooga Allie Buchalski, Furman		
2008 September October	Lauren Tomory, Furman Meg Gaffney, Appalachian State	2015 September October	Allie Buchalski, Furman Allie Buchalski, Furman		
2009 September October	Brittany Caudle, Appalachian State Hillary Neal, Samford				

WOMEN'S CHAMPIONSHIP MEET RESULTS

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

WOMEN'S CHAMPIONSHIP MEET RESULTS

2009	Samford	74	2015	Furman	33
	Elon	75		Chattanooga	52
	Appalachian State	83		UNCG	99
	Furman	93		ETSU	121
	Davidson	110		Samford	141
	Chattanooga	134		Western Carolina	141
	UNCG	138		Mercer	164
	Western Carolina	168		Wofford	193
	College of Charleston	254		VMI	246
	Wofford	289		The Citadel	250
	Georgia Southern	319	2016	Furman	24
	The Citadel	357		Samford	47
2010	Samford	71		ETSU	111
	Appalachian State	74		Chattanooga	113
	UNCG	87		UNCG	171
	Chattanooga	123		Wofford	171
	Elon	135		Western Carolina	176
	Furman	144		VMI	195
	College of Charleston	149		Mercer	201
	Davidson	161		The Citadel	266
	Western Carolina	202	2017	Furman	23
	Wofford	274		Samford	43
	The Citadel	319		ETSU	97
	Georgia Southern	357		Chattanooga	141
2011	UNCG	35		UNCG	168
	Furman	80		Wofford	168
	Elon	111		Western Carolina	195
	Appalachian State	117		Mercer	212
	College of Charleston	141		VMI	214
	Western Carolina	143		The Citadel	253
	Samford	145	2018	Furman	25
	Davidson	178		Chattanooga	84
	Wofford	242		Samford	103
	Georgia Southern	244		ETSU	126
	Chattanooga	295		Wofford	126
	The Citadel	329		Western Carolina	150
2012	Appalachian State	64		UNCG	180
	Elon	68		VMI	190
	Samford	97		Mercer	250
	Furman	118		The Citadel	281
	Davidson	132	2019	Furman	20
	Western Carolina	154		Samford	86
	Chattanooga	197		UNCG	91
	UNCG	211		ETSU	115
	Wofford	212		Wofford	139
	College of Charleston	244		Chattanooga	158
	The Citadel	317		Western Carolina	184
	Georgia Southern	344		VMI	221
2013	Furman	48		Mercer	224
	Elon	50		The Citadel	247
	UNCG	62			
	Appalachian State	99			
	Chattanooga	136			
	Davidson	177			
	Samford	195			
	Wofford	238			
	Western Carolina	240			
	The Citadel	276			
	Georgia Southern	305			
2014	Furman	22			
	Chattanooga	71			
	Samford	90			
	ETSU	104			
	UNCG	161			
	Mercer	175			
	Western Carolina	175			
	VMI	208			
	The Citadel	239			
	Wofford	247			

WOMEN'S ALL-CONFERENCE SELECTIONS

Four-time all-conference

Name	School	Years
Tina Maynard	Marshall	1986-89
Deanna Campbell	Chattanooga	1986-89
Mary Jane Middlekoop	Chattanooga	1994-97
Mary Jayne Harrelson	Appalachian State	1996, 1998-00
Shannon Wommack	Chattanooga	2001-02, 2003-04
Sinead Haughey	Furman	2011*-14
Allie Buchalski	Furman	2013-15, 17
Savannah Carnahan	Furman	2016-19
Gabrielle Jennings	Furman	2016-19
Emma Grace Hurley	Furman	2016-17*, 18-19
Riley Burr	Furman	2016*-17*, 18-19*

Three-time all-conference

Beth Ruggles	Appalachian State	1985-87
Jody Richards	ETSU	1985-86, 89
Lynn Taylor	Furman	1988, 1990-91
Christa Gibson	Marshall	1988, 1990-91
Heidi Barger	Appalachian State	1988-90
Heather Vandebrake	Furman	1993-95
Michele Marshall	Chattanooga	1993-95
Mary Jo Ferrigan	ETSU	1994-96
Catherine Berry	ETSU	1997-99
Amanda Lynch	Chattanooga	1997-99
Andrea Davis	Chattanooga	1998-00
Gina Recher	Chattanooga	2000-02
Sarah Primeau	Appalachian State	2000-02
Ellen Davis	Chattanooga	2001-02, 05
Katie Sujkowski	Appalachian State	2002-04
Kathleen Turchin	Chattanooga	2003-04, 07
Kasey Smith	Appalachian State	2004-06
Brenna Burns	Davidson	2005-07
Megal Atias	Davidson	2005-07
Meghan Gaffney	Appalachian State	2005-06, 08
Katie Williams	Chattanooga	2006-07, 08*
Caroline Sanker	Davidson	2006-07, 08*
Sabrina LeFort	Chattanooga	2006-07, 08*
Caitlin Beeler	Elon	2006-07, 09
Hillary Neal	Samford	2008-10
Lauren D'Alessio	Samford	2010-12
Allyson Oram	Elon	2011*-13
Chelsea Sumney	UNCG	2011-13
Karisa Nelson	Samford	2014*-15*, 17
Hannah Steelman	Wofford	2017-19
Kristlin Gear	Furman	2017*, 18*, 19
Mary Grace Stozier	Samford	2016-17*, 19

*All-SoCon second team

Two-time all-conference

Sabrina Keeton	ETSU	1985-86
Vanessa Tysor	Appalachian State	1986-87
Emily Romines	Chattanooga	1987-88
Denise Littleton	Marshall	1987, 89
Whitney Ball	Appalachian State	1988-89
Jennifer Bowers	Appalachian State	1988, 90
Traci McIntyre	Appalachian State	1988-89
Cate Pichon	Furman	1990-91
Dee Ann Davis	Appalachian State	1990-91
Michelle Strager	Marshall	1990, 93
Nicole Disher	Appalachian State	1991-92
Rita Roberts	Western Carolina	1992-93
Monica Robbers	ETSU	1992-93
Amy Ginette	Furman	1993-94
Holley Cooper	Furman	1994-95
Christina Olson	Appalachian State	1995-96
Kristin Savery	Western Carolina	1995-96
Michelle Gregg	ETSU	1996-97
Val Urchison	ETSU	1997, 99
Emily Campbell	ETSU	1997, 00
Jenny Warfford	Western Carolina	1997-98

Becky Slick	Chattanooga	1998-99
Jill Braley	Furman	1999-00
Dana Smith	Furman	1999-00
Jennifer Kelley	Appalachian State	2002, 04
Beverly Roberts	Furman	2002-03
Whitney Kay Sharp	Furman	2002-03
Heidi Sloop	UNCG	2002-03
Kelly Fillnow	Davidson	2003-04
Lanni Marchant	Chattanooga	2004-06
Chloe Kowalski	Furman	2008*-09
Sherrika Jordan	UNCG	2008-09*
Emily Fournier	Elon	2008-09*
Brittany Johnson	Furman	2008*-09*
Anneli Uys	Chattanooga	2009-10
Brittney Caudle	Appalachian State	2009-10*
Ina Ables	Samford	2009-10*
Ashley Schnell	UNCG	2010-11
Amanda Hamilton	Appalachian State	2011*-12
Mara Smith	Western Carolina	2011*-12
Grace Tinkey	Furman	2013-14
Emma Mashburn	Furman	2014-15*
Laura Miller	Furman	2014*-15
Eira Jensen	UNCG	2014*-15
Teghan Henderson	Chattanooga	2013, 2015*
Anna Long	Samford	2016*-17
Mary Grace Stozier	Samford	2016-17*
Grace Dwyer	Furman	2017, 19
Emma Kuntz	Furman	2018*-19*
Mackenzie Jones	Chattanooga	2018*-19*

*All-SoCon second team

Note: In 2008, the SoCon coaches approved a motion to add an all-conference second team. 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

Beth Ruggles, APP
Jody Richards, ETSU
Sabrina Keeton, ETSU
Sue Kepich, MAR
Melissa Knabe, MAR
Shelly Wallace, MAR
Ingrid Mason, MAR

1986

Michelle Crow, APP
Sabrina Keeton, ETSU
Vanessa Tysor, APP
Jody Richards, ETSU
Tina Maynard, MAR
Cindy Little, APP
Beth Ruggles, APP
Sue Ellen Gerard, UTC
Traci Holub, ETSU
Deanna Campbell, UTC

1987

Beth Ruggles, APP
Debbie Dukes, MAR
Vanessa Tysor, APP
Tina Maynard, MAR
Deanna Campbell, UTC
Karen Osada, APP
Emily Romines, UTC
Missy Willis, DAV
Joy Phelps, ETSU
Denise Littleton, MAR

1988

Whitney Ball, APP
Deanna Campbell, UTC
Tina Maynard, MAR
Jennifer Bowers, APP
Emily Romines, UTC
Lynn Taylor, FUR
Traci McIntyre, APP
Christa Gibson, MAR
Gina Gomer, APP
Heidi Barger, APP

1989

Whitney Ball, APP
Vanessa Kosmala, APP
Sabrina Keeton, ETSU
Jody Richards, ETSU
Heidi Barger, APP
Tina Maynard, MAR
Deanna Campbell, UTC
Traci McIntyre, APP
Denise Littleton, MAR
Christi Cawood, UTC

1990

Cate Pichon, FUR
Lynn Taylor, FUR
Laura Girouard, APP
Heidi Barger, APP
Dee Anna Davis, APP
Jennifer Bowers, APP
Christa Gibson, MAR
Leigh Cooper, APP
Melanie Babb, APP
Michelle Strager, MAR

1991

Cate Pichon, FUR
Lynn Taylor, FUR
Leigh Wallace, APP
Susie Gardner, WCU
Dee Anna Davis, APP
Julie Anderson, APP
Lisa Durham, UTC
Christa Gibson, MAR
Janet Osada, APP
Nicole Disher, APP

1992

Carrie Hoog, APP
Julie Cooper, APP
Lucie Mays, UTC
Rita Roberts, WCU
Nicole Disher, APP
Mariana Valenzuela, FUR
Monica Robbers, ETSU
Gail Pennachio, FUR
Blair McKinney, UTC
Dawn Wehrenberg, APP

1993

Heather Vandebroke, FUR
Rita Roberts, WCU
Mary Jo Ferrigan, ETSU
Gail Pennachio, FUR
Heather Gordon, GSU
Monica Robbers, ETSU
Amy Ginette, FUR
Michele MAR, UTC
Michelle Strager, MAR
Suzanne Black, APP

1994

Heather Vandebroke, FUR
Jennel Walby, ETSU
Mary Jane Middlekoop, UTC
Dawn Wehrenberg, APP
Lynn Kepper, FUR
Holley Cooper, FUR
Michele MAR, UTC
Mary Jo Ferrigan, ETSU
Amy Ginette, FUR
Elizabeth Bishop, DAV

1995

Heather Vandebroke, FUR
Christina Olson, APP
Lynn Kepper, FUR
Kristin Savery, WCU
Michele MAR, UTC
Suzy Burr, DAV
Mary Jo Ferrigan, ETSU
Mary Jane Middlekoop, UTC
Holley Cooper, FUR
Erica Thieman, WCU

1996

Lynn Kepper-Hudson, FUR
Mary Jo Ferrigan, ETSU
Christina Olson, APP
Mary Jayne Harrelson, APP
Jenny Chase, APP
Mary Jane Middlekoop, UTC
Michelle Gregg, ETSU
Rhoda Maron, FUR
Kristin Savery, WCU
Corie Fuchs, APP

1997

Catherine Berry, ETSU
Lynn Kepper-Hudson, FUR
Val Urchison, ETSU
Mary Jane Middlekoop, UTC
Catherine Wright, UTC
Amanda Lynch, UTC
Michelle Gregg, ETSU
Emily Campbell, ETSU
Avalina Anderson, GSU
Jenny Warfford, WCU

1998

Mary Jayne Harrelson, APP
Amanda Lynch, UTC
Catherine Berry, ETSU
Becky Slick, UTC
Jennifer Croft, UTC
Jenny Warfford, WCU
Andrea Davis, UTC

Lory Gray, FUR
Laura Walkup, APP
Natalie Scruggs, UTC

1999

Mary Jayne Harrelson, APP
Catherine Berry, ETSU
Amanda Lynch, UTC
Val Urchison, ETSU
Jill Braley, FUR
Andrea Davis, UTC
Kim Hemstreet, ETSU
Heather Needham, APP
Becky Slick, UTC
Dana Smith, FUR

2000

Mary Jayne Harrelson, APP
Jill Braley, FUR
Gina Recher, UTC
Sarah Primeau, APP
Brigid O'Connell, UNCG
Andrea Davis, UTC
Stephanie Feagin, CofC
Emily Campbell, ETSU
Dana Smith, FUR
Johanna Allen, APP

2001

Gina Recher, UTC
Shannon Womack, UTC
Sarah Primeau, APP
Rosaline Addo, ETSU
Erin Howard, FUR
Blair Collins, UTC
Sally Stanhope, DAV
Mary Nero, UNCG
Amy Doolittle, UTC
Ellen Davis, UTC

2002

Shannon Womack, UTC
Sarah Primeau, APP
Katie Sujkowski, APP
Jennifer Kelley, APP
Gina Recher, UTC
Anna Brew, DAV
Beverly Roberts, FUR
Ellen Davis, UTC
Whitney Kay Sharp, FUR
Heidi Sloop, UNCG

2003

Katie Sujkowski, APP
Kelly Fillnow, DAV
Heidi Sloop, UNCG
Beverly Roberts, FUR
Kathleen Turchin, UTC
Lanni Marchant, UTC
Whitney Kay Sharp, FUR
Deanna Kulesz, WCU
Eleanor Wilson, UNCG
Molly Mungovan, FUR

2004

Shannon Womack, UTC
Kathleen Turchin, UTC
Lanni Marchant, UTC
Katie Sujkowski, APP
Ashley Arnold, CofC
Molly Mungovan, FUR
Kelly Fillnow, DAV
Jennifer Kelley, APP
Kasey Smith, APP
Nettie Halcomb, UTC

2005

Shannon Womack, UTC
Brenna Burns, DAV
Allie Martin, DAV

Ellen Davis, UTC
Megal Atias, DAV
Kasey Smith, APP
Meghan Gaffney, APP
Alana Black, Elon
Rebecca Mullen, FUR
Sabrina LeFort, UTC

2006

Lanni Marchant, UTC
Jenna Wrieden, APP
Brenna Burns, DAV
Meghan Gaffney, APP
Kasey Smith, APP
Sabrina LeFort, UTC
Megal Atias, DAV
Katie Williams, UTC
Caitlin Beeler, Elon
Caroline Sanker, DAV

2007

Kathleen Turchin, UTC
Caroline Sanker, DAV
Jennifer Povick, APP
Caitlin Beeler, Elon
Brenna Burns, DAV
Katie Williams, UTC
Megal Atias, DAV
Jenna Callahan, FUR
Kerrie Savery, WCU
Shelly Taylor, UTC

2008

First Team
Megan Lordi, FUR
Meghan Gaffney, APP
Hillary Neal, SAM
Sherrika Jordan, UNCG
Tara Gietema, UTC
Andrea Seccafien, SAM
Emily Fournier, Elon

Second Team

Caroline Sanker, DAV
Katie Williams, UTC
Chloe Kowalski, FUR
Sabrina LeFort, UTC
Brittany Johnson, FUR
Hannah Parks, APP
Deanna Zidar, SAM

All-Freshman

Andrea Seccafien, SAM
Chloe Kowalski, FUR
Deanna Zidar, SAM
Melanie Reyer, Elon
Cori Christensen, SAM
Erin Barker, FUR
Meredith White, UTC

2009

First Team
Brittney Caudle, APP
Chloe Kowalski, FUR
Anneli Uys, UTC
Hillary Neal, SAM
Ina Ables, SAM
Heather Stuiwe, UTC
Caitlin Beeler, Elon

Second Team

Sherrika Jordan, UNCG
Natalie Atabek, DAV
Emily Fournier, Elon
Brittany Johnson, FUR
Katie Booker, APP
Heather Conarro, DAV

All-Freshman

Brittney Caudle, APP

WOMEN'S ALL-CONFERENCE TEAMS

Heather Stuve, UTC
Natalie Atabek, DAV
Morgan Denecke, Elon
Sullivan Parkes, Elon
Trinity Foreman, APP
Mara Smith, WCU

2010

First Team

Ashley Schnell, UNCG
Lauren D'Alessio, SAM
Hillary Neal, SAM
Shaina Sumney, UNCG^
Dena O'Brien, CofC
Amy Neilson, APP
Anneli Uys, UTC

Second Team

Brittney Caudle, APP
Ina Ables, SAM
Morgan Turner, WCU
Kristen Wolfe, CofC
Brooke Mosteller, FUR
Heather Conarroe, DAV
Dani Reese, APP

All-Freshman

Dena O'Brien, CofC
Allyson Oram, Elon
Destine Kirkman, APP
Jackie Madden, Elon
Danielle McKee, CIT
Catherine Burton, FUR
Claire Grogan, SAM

^ later vacated

2011

First Team

Ashley Schnell, UNCG
Lauren D'Alessio, SAM
Dena O'Brien, CofC
Erin Barker, FUR
Chelsea Sumney, UNCG
Kerry Harman, UNCG
Shaina Sumney, UNCG

Second Team

Brooke Mosteller, FUR
Allyson Oram, Elon
Mara Smith, WCU
Amanda Hamilton, APP
Sarah Paddon, DAV
Hannah Orders, APP
Morgan Denecke, Elon
Sinead Haughey, FUR

All-Freshman

Sarah Paddon, DAV
Sinead Haughey, FUR
Haylee Dawe, Elon
Rebecca Greenwall, GSU
Hayley McMahon, CofC
Erin Osment, DAV
Alissa Williams, WOF

2012

First Team

Lauren D'Alessio, SAM
Rachel Roberts, SAM
Chelsea Sumney, UNCG
Mara Smith, WCU
Amanda Hamilton, APP
Amanda Sumner, UTC
Jocelyn Keen, WCU

Second Team

Elyse Bierut, Elon
Sinead Haughey, FUR

Tereza Novotna, Elon
Allyson Oram, Elon
Allison Cook, APP
Natalie Atabek, DAV
Sarah Williamson, APP

All-Freshman

Rachel Roberts, SAM
Elyse Bierut, Elon
Teghan Henderson, UTC
Kaitlin Snapp, Elon
Caroline McCaslin, Elon
Dana Cox, APP
Olivia Menden, DAV

2013

First Team

Teghan Henderson, UTC
Allie Buchalski, FUR
Grace Tinkey, FUR
Shaina Sumney, UNCG
Allyson Oram, Elon
Lydia Sana, UNCG
Chelsea Sumney, UNCG

Second Team

Sinead Haughey, FUR
Elyse Bierut, Elon
Justine Stocks, APP
Tereza Novotna, Elon
Haylee Dawe, Elon
Kimberly Johansen, Elon
Erin Osment, DAV

All-Freshman

Allie Buchalski, FUR
Grace Tinkey, FUR
Kimberly Johansen, Elon
Julia Rodriguez, FUR
Laura Miller, FUR
Eira Jensen, UNCG
Jenny Fritz, DAV

2014

First Team

Allie Buchalski, FUR
Sinead Haughey, FUR
Katie Hirko, ETSU
Julie Rodriguez, FUR
Amanda Cotter, UTC
Kami Orrender, MER
Emma Mashburn, FUR

Second Team

Grace Tinkey, FUR
Laura Miller, FUR
Rebecca Greenwell, UTC
Eira Jensen, UNCG
Karisa Nelson, SAM
Katlyn Ayers, UNCG
Rachel Wooten, SAM

All-Freshman

Emma Mashburn, FUR
Karisa Nelson, SAM
Macy Carrier, FUR
Emily Drouin, UTC
Megan Roach, SAM
Emma Garner, SAM
Maddison Melchionna, UTC

2015

First Team

Allie Buchalski, FUR
Teghan Henderson, UTC
Laura Miller, FUR
Kathleen Mansure, UNCG
Jacquelyn Crow, FUR
Eira Jensen, UNCG
Emily Drouin, UTC

Second Team

Karisa Nelson, SAM
Emma Mashburn, FUR
Emma Garner, SAM
Katherine Link, UNCG
Anna Kate Chance, UTC
Kaitlyn Lingard, WCU
Hannah Chamblin, UTC

All-Freshman

Kathleen Mansure, UNCG
Jacquelyn Crow, FUR
Kaitlyn Lingard, WCU
Bethanie Bailey, MER
Alexandra Forster, WOF
Rebeka Fadgyas, WOF
Emma Hand, WCU
Jada Blake, WCU

2016

First Team

Karisa Nelson, SAM
Savannah Carnahan, FUR
Emma Grace Hurley, FUR
Emma Garner, SAM
Gabrielle Jennings, FUR
Laura Miller, FUR
Katy Link, UNCG

Second Team

Riley Burr, FUR
Grace Dwyer, FUR
Jennifer Stephenson, FUR
Taylor Delaney, UNCG
Anna Long, SAM
Julia Rodriguez, FUR
Mary Grace Strozier, SAM

All-Freshman

Savannah Carnahan, FUR
Emma Grace Hurley, FUR
Gabrielle Jennings, FUR
Riley Burr, FUR
Grace Dwyer, FUR
Jennifer Stephenson, FUR
Taylor Delaney, UNCG

2017

First Team

Allie Buchalski, FUR
Karisa Nelson, SAM
Savannah Carnahan, FUR
Gabrielle Jennings, FUR
Anna Long, SAM
Hannah Steelman, WOF
Grace Dwyer, FUR

Second Team

Emma Grace Hurley, FUR
Riley Burr, FUR
Mary Grace Strozier, SAM
Haley Ward, SAM
Lindsey Stallworth, ETSU
Emily Poole, UTC
Kristlin Gear, FUR

All-Freshman

Hannah Steelman, WOF
Lindsey Stallworth, ETSU
Kristlin Gear, FUR
Emily Lane, FUR
Ariana Garcia, UNCG
Abbey Zane, SAM
India Godlock, UNCG

2018

First Team

Hannah Steelman, WOF
Savannah Carnahan, FUR
Emma Grace Hurley, FUR

Gabrielle Jennings, FUR
Lindsey Stallworth, ETSU
Shian Mallory, SAM
Riley Burr, FUR

Second Team

Kaitlyn Lingard, WCU
Kristlin Gear, FUR
Emma Kuntz, FUR
Emily Poole, UTC
Reilly Caldwell, FUR
Mackenzie Jones, UTC
Jennifer Stephenson, FUR

All-Freshman

Emma Kuntz, FUR
Reilly Caldwell, FUR
Shila Kapaya, ETSU
Genevieve Schwarz, ETSU
Mary Thorne, SAM
Carter Marchbanks, SAM
Hannah Corson, MER

2019

First Team

Hannah Steelman, WOF
Gabrielle Jennings, FUR
Savannah Carnahan, FUR
Kristlin Gear, FUR
Emma Grace Hurley, FUR
Grace Dwyer, FUR
Mary Grace Strozier, SAM

Second Team

Emily Lane, FUR
Emma Kuntz, FUR
Mackenzie Jones, UTC
Riley Burr, FUR
Kaitlyn Stone, UNCG
McKenzie Hogue, SAM
Lindsey Trotter, WCU

All-Freshman

McKenzie Hogue, SAM
Lauren Peterson, FUR
Katie Strozier, SAM
Lindsay Holliday, ETSU
Lesley Green, UTC
Heidi Fortin, CIT
Mattie Parker, UTC

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

Abbreviations

APP - Appalachian State
CofC - College of Charleston
CIT - The Citadel
DAV - Davidson
ETSU - ETSU
FUR - Furman
GSU - Georgia Southern
MAR - Marshall
MER - Mercer
SAM - Samford
UTC - Chattanooga
WCU - Western Carolina
WOF - Wofford

2019 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	21	6. Chattanooga	166
2. ETSU	56	7. Mercer	182
3. Samford	92	8. Western Carolina	224
4. VMI	106	9. Wofford	246
5. UNCG	127	10. The Citadel	285

Men's 8-K Individual Results

(Nov. 2, Johnson City, Tenn. - ETSU)

Place	Name, School	Time	Place	Name, School	Time
1.*	Ryan Adams, Furman	24:40.72	51.	James McCoy, Wofford	28:19.40
2.*	Daniel Bernal, Furman	24:58.33	52.	Jack Zemp, Wofford	28:22.63
3.*	Ben Varghese, ETSU	25:09.99	53.	Diego Lavieri Sosa, Mercer	28:24.31
4.*	Cameron Ponder, Furman	25:30.83	54.	Fletcher Bost, Western Carolina	28:24.50
5.*%	David Ahlmeyer, Furman	25:31.23	55.	Nicholas Thoma, UNCG	28:40.76
6.*	Dillon Dean, Samford	25:35.09	56.	Luke Dobbins, Samford	28:42.36
7.*	Jahanzib Shahbaz, VMI	25:35.45	57.	Palmer Haigler, Wofford	28:43.82
8.#	Adam Bradtmueller, ETSU	25:37.35	58.	Nathan Watson, Chattanooga	28:46.05
9.#%	Ares Reading, Furman	25:40.55	59.	Marc Reiser, Mercer	28:49.41
10.#	Alex Roy, UNCG	25:42.77	60.	Terry Young, Western Carolina	28:49.63
11.#	Trent Mandato, Furman	25:59.35	61.	Beck Classey, Wofford	28:51.72
12.#	Ben Garner Jr., Samford	26:11.76	62.	William Eggers, The Citadel	28:51.94
13.#	Gavin Jenkins, VMI	26:14.71	63.	Andre Jordan, VMI	28:52.98
14.#	Noah Charles, ETSU	26:19.29	64.	Tyrell Duben, The Citadel	28:53.14
15.	Josh Routh, ETSU	26:24.10	65.	Seth Corey, Samford	29:03.38
16.	Josh Krafzur, ETSU	26:26.48	66.	Ryan Phillips, Chattanooga	29:11.51
17.%	Jeb Jones, Samford	26:34.05	67.	Lane Johnson, The Citadel	29:14.93
18.	Soresa Gemechu, ETSU	26:41.26	68.	Andrew Edney, Western Carolina	29:16.67
19.	Matthew Scarr, ETSU	26:42.91	69.	Andrew Smith, The Citadel	29:19.47
20.	Hunter Poole, Samford	26:45.26	70.	Collin Bertram, Wofford	29:25.33
21.	Ryan Gebelein, Chattanooga	26:48.86	71.	Ewan Hynes, UNCG	29:34.71
22.	Sean Parker, Mercer	26:49.90	72.	Walker Gibbs, Wofford	29:45.74
23.%	Noah Dolhare, Furman	26:52.86	73.	Fuad Batteh, Mercer	29:45.76
24.	Dalton Miles, UNCG	26:55.87	74.	Jeremy Shipley, The Citadel	29:55.41
25.%	Seth Bowdon, ETSU	26:57.04	75.	Dalton Hollis, Mercer	30:04.51
26.	Justin Adams, VMI	26:58.21	76.	Elijah Stuart, Western Carolina	30:06.47
27.	Jonathan Boyd, Chattanooga	27:05.02	77.	Tyler White, Western Carolina	30:20.80
28.	Jake Etheridge, Chattanooga	27:10.48	78.	Eric Avalos, The Citadel	30:23.30
29.	Thomas Knepshield, UNCG	27:12.83	79.	Chandler Porter, Chattanooga	31:41.14
30.%	Jonathan Krone, VMI	27:14.17			
31.	Vladimir Zander-Velloso, Mercer	27:16.80			
32.	Ben O'Connor, ETSU	27:22.39			
33.	Trelek Jones, UNCG	27:23.40			
34.	Carlos Fernandes, VMI	27:30.30			
35.%	Dennison Kelly, VMI	27:30.64			
36.	Dylan Christopher, UNCG	27:32.17			
37.	Adam Beucler, Furman	27:35.37			
38.	Tyler Robakiewicz, Western Carolina	27:38.60			
39.	Walt Kitson, VMI	27:39.47			
40.	Sam Katulich, Samford	27:44.30			
41.	Conner Duncan, Chattanooga	27:46.12			
42.	Josiah Jaqua, Mercer	27:48.86			
43.	Isaiah Hanna, Western Carolina	27:49.42			
44.	Trent Whittaker, VMI	27:50.08			
45.	Josh Hendry, Wofford	27:50.65			
46.	Jack Elliot, Samford	28:10.27			
47.	Justin Tucker, Western Carolina	28:12.10			
48.	Sam Sharnas, The Citadel	28:12.60			
49.	Robert Zell, Mercer	28:15.55			
50.	Preston Jones, Mercer	28:16.99			

Runner of the Year: Ryan Adams, Furman

Freshman of the Year: David Ahlmeyer, Furman

Coach of the Year: Robert Gary, Furman

* denotes all-conference first team

denotes all-conference second team

% denotes all-freshman team

2019 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	20	6. Chattanooga	158
2. Samford	86	7. Western Carolina	184
3. UNCG	91	8. VMI	221
4. ETSU	115	9. Mercer	224
5. Wofford	139	10. The Citadel	247

Women's 5-K Individual Results

(Nov. 2 Johnson City, Tenn.- ETSU)

Place	Name, School	Time	Place	Name, School	Time
1.*	Hannah Steelman, Wofford	17:02.08	51.	Jessica Lord, ETSU	20:20.59
2.*	Gabrielle Jennings, Furman	17:05.89	52.	Jamie Blaylock, Western Carolina	20:21.60
3.*	Savannah Carnahan, Furman	17:44.56	53.	Kayla Deaton, Western Carolina	20:22.66
4.*	Kristlin Gear, Furman	17:55.88	54.	Jerrica Hanson, Mercer	20:26.18
5.*	Emma Grace Hurley, Furman	18:01.77	55.	Abby Bateman, Chattanooga	20:26.50
6.*	Grace Dwyer, Furman	18:11.42	56.%	Mattie Parker, Chattanooga	20:28.64
7.*	Mary Grace Strozier, Samford	18:18.55	57.	Lindsey Biggar, Samford	20:32.83
8.#	Emily Lane, Furman	18:20.95	58.	Sara Belamarich, VMI	20:35.83
9.#	Emma Kuntz, Furman	18:25.72	59	Carolina Schoessow, Western Carolina	20:39.76
10.#	Makenzie Jones, Chattanooga	18:44.74	60.	Casey Miller, The Citadel	20:47.71
11.#	Riley Burr, Furman	18:48.25	61.	Faith Brown, Chattanooga	20:51.09
12.#	Kaitlyn Stone	18:51.01	62.	Julia Henderson, Chattanooga	20:55.90
13.#%	McKenzie Hogue, Samford	18:52.86	63.	Giulua, Giorgi, Mercer	20:59.36
14.#	Lindsey Trotter, Western Carolina	18:53.22	64.	Grace Wolfe, The Citadel	21:07.62
15.%	Lauren Peterson, Furman	19:03.03	65.	Maggie Klemm, Western Carolina	21:08.48
16.	Kassidy Dill, UNCG	19:04.33	66.	Tamara Washington, VMI	21:13.36
17.	Heather Feuchtenberger, ETSU	19:08.85	67.	Ania Grzeszczak, Mercer	21:17.21
18.	Ashley McMahon, Mercer	19:09.39	68.	Anna Lyles, Wofford	21:24.52
19.	Logan Lockett, VMI	19:10.46	69.	Whitney Johnson, Mercer	21:30.14
20.	Mary Kellison Thorne, Samford	19:12.46	70.	Lauren Granier, Samford	21:34.73
21.	Shila Kapaya, ETSU	19:16.14	71.	Marina Van Sickle, Mercer	21:56.70
22.	Shian Mallory, Samford	19:20.55	72.	Emily Lord, ETSU	22:01.02
23.	Holly Mordoff, UNCG	19:21.92	73.	Taylor Rice, VMI	22:16.76
24.	Taylor Delaney, UNCG	19:25.31	74.	Neeley Jordan, The Citadel	22:21.40
25.	India Godlock, UNCG	19:25.48	75.	Dani Sanchez-Martinez, The Citadel	22:31.21
26.	Amber Opp, The Citadel	19:25.99	76.	Emily Wells, VMI	22:45.50
27.	Genevieve, Schwarz, ETSU	19:27.01	77.	Isabela Melendez, VMI	23:03.15
28.	Makayla Shaw, ETSU	19:29.51	78.	Kenslee Padgett, The Citadel	23:38.84
29.	Taryn Schoen, Wofford	19:31.65	79.	Raquel Janes, VMI	23:53.89
30.	Anna Armfield, VMI	19:35.39	80.	Brittany Szczepanik, VMI	24:25.01
31.%	Katie Strozier, Samford	19:37.88			
32.&	Lindsay Holliday, ETSU	19:38.16			
33.	Siena Gates, Western Carolina	19:40.91			
34.	Sommer McKenzie, Wofford	19:44.70			
35.	Sophia Neglia, Chattanooga	19:44.88			
36.	Hannah Caldwell, Chattanooga	19:48.49			
37.	Anna Huntington, Samford	19:49.46			
38.	Alycia Higgins, UNCG	19:51.03			
39.%	Lesley Green, Chattanooga	19:57.64			
40.	Kathryn Anderson, UNCG	20:02.25			
41.	Mary Stewart Wilson, Wofford	20:02.60			
42.	Annie Mayfield, Wofford	20:07.21			
43.	Mia DePillo, ETSU	20:08.62			
44.	Lindsay Bruce, ETSU	20:10.45			
45.	Madison Cowart, Mercer	20:11.53			
46.	Ashlynd Broling, Chattanooga	20:12.00			
47.	Shawnda Martin, Western Carolina	20:12.91			
48.%	Heidi Fortin, The Citadel	20:13.34			
49.	Chandler McCaslin, UNCG	20:16.77			
50.	Ariana Garcia, UNCG	20:19.19			

Runner of the Year: Hannah Steelman, Wofford
Freshman of the Year: McKenzie Hogue, Samford
Coach of the Year: Robert Gary, Furman

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2018 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	23	6. Western Carolina	184
2. ETSU	57	7. Mercer	185
3. Samford	72	8. Chattanooga	203
4. UNCG	138	9. Wofford	238
5. VMI	169	10. The Citadel	262

Men's 8-K Individual Results (Oct. 27, Cullowhee, N.C.- Western Carolina University)

Place	Name, School	Time	Place	Name, School	Time
1.*	Aaron Templeton, Furman	24:01.52	51.	Beck Classey, Wofford	28:13.10
2.*	Ben Varghese, ETSU	24:13.98	52.	Kevin Pack, Western Carolina	28:13.66
3.*	Dillon Dean, Samford	25:06.71	53.	Justin Tucker, Western Carolina	28:15.58
4.*	Mason Coppi, Furman	25:27.08	54.	Sam Katulich, Samford	28:15.95
5.*	Ryan Adams,, Furman	25:27.63	55.	Diego Lavieri Sosa, Mercer	28:16.83
6.*%	Cameron Ponder, Furman	25:35.94	56.	Scott McKenzie, Mercer	28:20.71
7.*	Daniel Bernal, Furman	25:36.40	57.	Colin Alexander, UNCG	28:21.66
8.#	Trent Mandato, Furman	25:38.83	58.	Jeremy Shipley, The Citadel	28:23.78
9.#	Jake Ogden, Furman	25:50.09	59.	Marc Reiser, Mercer	28:25.58
10.#	Noah Charles, ETSU	25:53.27	60.	Lane Johnson, The Citadel	28:28.41
11.#	Davone Hernandez, VMI	25:55.12	61.	Terry Young, Western Carolina	28:29.83
12.#	Ben Bryant, Samford	25:55.43	62.	Kellen Reeves, VMI	28:32.65
13.#	Owen Bailey, Samford	26:05.75	63.	Adam Hohlbein, The Citadel	28:36.10
14.#	Matthew Scarr, ETSU	26:10.48	64.	Caleb Albrecht, Western Carolina	28:45.28
15.	Adam Bradtmueller, ETSU	26:11.51	65.	Walt Kitson, VMI	28:48.53
16.	Soresa Gemechu, ETSU	26:15.06	66.	Ryan Phillips, Chattanooga	28:55.69
17.	Luke Meade, Furman	26:15.23	67.	Devon Heisler, The Citadel	29:02.41
18.	Jordan Bostian, Western Carolina	26:21.57	68.	Ben Boatwright, Wofford	29:03.93
19.%	Brandon Hernandez, UNCG	26:26.69	69.	Micah Sneller, Chattanooga	29:05.62
20.	James Garst, ETSU	26:27.69	70.	Walker Gibbs, Wofford	29:08.43
21.	Josh Routh, ETSU	26:29.90	71.	Francis O'Brien, The Citadel	29:09.10
22.	Brad Cheek, Samford	26:31.12	72.	Jack Moody, Wofford	29:18.88
23.	Nathan Watson, Chattanooga	26:32.77	73.	Ian Irizarry Negron, VMI	29:28.92
24.%	Gavin Cooper, ETSU	26:39.82	74.	Joshua Topham, Chattanooga	29:37.21
25.	Ben Garner, Samford	26:49.64	75.	Zach Lauster, VMI	29:38.01
26.	Allen Clark, Furman	26:69.36	76.	Tyler White, Western Carolina	29:47.63
27.	Luke Sumerford, UNCG	27:00.75	77.	Eric Avalos, The Citadel	30:17.89
28.	Paul Richardson, Samford	27:02.10	78.	Dane Szalwinski, Wofford	30:34.33
29.	Nathan Longfellow, ETSU	27:02.24			
30.	Sean Parker, Mercer	27:08.46			
31.	Mark Britt, Chattanooga	27:08.78			
32.%	Gavin Jenkins, VMI	27:11.23			
33.	Trelek Jones, UNCG	27:19.24			
34.	Justin Adams, VMI	27:20.28			
35.%	Jonathan Boyd, Chattanooga	27:26.43			
36.%	Robert Zell, Mercer	27:32.61			
37.%	Thomas Knepshild, UNCG	27:32.68			
38.	Dalton Miles, UNCG	27:32.93			
39.	Colin Martin, The Citadel	27:33.65			
40.	Isaiah Hanna, Western Carolina	27:38.20			
41.	Vladimir Zander-Velloso, Mercer	27:45.07			
42.	William Sandin, UNCG	27:46.71			
43.	Josiah Jaqua, Mercer	27:48.92			
44.	Jack Semp, Wofford	27:52.65			
45.	Tyler Robakiewicz, Western Carolina	27:56.18			
46.	Ian Reesh, Western Carolina	28:00.26			
47.	Andre Jordan, VMI	28:01.56			
48.	James McCoy, Wofford	28:06.08			
49.	Josh Hendry, Wofford	28:11.43			
50.	Dylan Christopher, UNCG	28:12.38			

Runner of the Year: Aaron Templeton, Furman
Freshman of the Year: Cameron Ponder, Furman
Coach of the Year: Robert Gary, Furman

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2018 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	25	6. Western Carolina	150
2. Chattanooga	84	7. UNCG	180
3. Samford	103	8. VMI	190
T4. ETSU	126	9. Mercer	250
T4. Wofford	126	10. The Citadel	281

Women's 5-K Individual Results (Oct. 27, Cullowhee, N.C. - Western Carolina University)

Place	Name, School	Time	Place	Name, School	Time
1.*	Hannah Steelman, Wofford	17:05.17	51.	Jamie Blaylock, Western Carolina	20:05.35
2.*	Savannah Carnahan, Furman	17:21.81	52.	Taryn Donohue, Samford	20:05.64
3.*	Emma Grace Hurley, Furman	17:40.21	53.	Anna Huntington, Samford	20:10.16
4.*	Gabrielle Jennings, Furman	17:45.34	54.	Malea Smith, UNCG	20:12.88
5.*	Lindsey Stallworth, ETSU	17:55.05	55.	Jerrica Hanson, Mercer	20:13.17
6.*	Shian Mallory, Samford	18:06.31	56.	Alycia Higgins, UNCG	20:19.10
7.*	Riley Burr, Furman	18:13.60	57.	Addison Aguilar, ETSU	20:25.14
8.#	Kaitlyn Lingard, Western Carolina	18:13.86	58.	Kathleen Yates, VMI	20:29.60
9.#	Kristlin Gear, Furman	18:15.27	59.	Lindsay Bruce, ETSU	20:33.25
10.#%	Emma Kuntz, Furman	18:18.20	60.	Kathryn Anderson, UNCG	20:37.15
11.#	Emily Poole, Chattanooga	18:18.74	61.	Chandler McCaslin, UNCG	20:42.16
12.#%	Reilly Caldwell, Furman	18:20.70	62.	Mia DePillo, ETSU	20:46.99
13.#	Makenzie Jones, Chattanooga	18:22.03	63.	Emily Hattman, VMI	20:48.68
14.#	Jennifer Stephenson, Furman	18:29.26	64.	Siena Gates, Western Carolina	20:56.63
15.	Kaitlyn Stone, UNCG	18:36.67	65.	Marina Van Sickle, Mercer	21:05.83
16.	Emily Lane, Furman	18:39.35	66.	Casey Miller, The Citadel	21:06.59
17.	Kathryn Foreman, Samford	18:42.39	67.	Peyton Wood, Western Carolina	21:13.88
18.	Kennedy Thomas, Chattanooga	18:44.85	68.	Kate Mattison, Western Carolina	21:15.87
19.	Christina Nikolaou, Western Carolina	18:48.06	69.	Anna Lyles, Wofford	21:17.84
20.%	Shila Kapaya, ETSU	18:55.55	70.	Olivia Smoot, VMI	21:51.28
21.	Brianna Nelson, Chattanooga	19:02.27	71.	Isabella Thomas, Mercer	21:56.65
22.	Anna Armfield, VMI	19:03.24	72.	Jordan Neeley, The Citadel	22:00.58
23.	Logan Luckett, VMI	19:05.61	73.	Isabela Melendez, VMI	22:06.10
24.	Lindsey Trotter, Western Carolina	19:07.43	74.	Caroline Schoessow, Western Carolina	22:12.55
25.%	Genevieve Schwarz, ETSU	19:09.93	75.	Skylar Pierce, VMI	22:44.12
26.%	Mary Thorne, Samford	19:12.22	76.	D'Amani Bryant, Western Carolina	22:47.69
27.	Hannah Caldwell, Chattanooga	19:12.54	77.	Bethany Reeves, The Citadel	22:47.99
28.	Shannon McAndrew, Wofford	19:14.75	78.	Rebekah Earheart, The Citadel	22:59.12
29.	Mary Grace Strozier, Samford	19:15.97	79.	Nidhi Shashidhara, Mercer	22:59.86
30.	Sophia Neglia, Chattanooga	19:17.26	80.	Shona Sulzbach, The Citadel	23:02.16
31.	Amber Opp, The Citadel	19:21.70	81.	Kenslee Padgett, The Citadel	23:10.90
32.	Madison Paraskeva, Wofford	19:24.16	82.	Isabella Leblanc, Mercer	23:12.37
33.%	Carter Marchbanks, Samford	19:27.55	83.	Brittany Szczepanik, VMI	23:52.81
34.	Sommer McKenzie, Wofford	19:29.66			
35.	India Godlock, UNCG	19:29.78			
36.	Allie Nelson, Samford	19:31.94			
37.	Nicole Buehrle, Chattanooga	19:34.23			
38.	Veronica Lyle, Samford	19:35.29			
39.	Jamie Barnett, Wofford	19:38.72			
40.%	Hannah Corson, Mercer	19:40.57			
41.	Makayla Shaw, ETSU	19:44.13			
42.	Kassidy Dill, UNCG	19:46.85			
43.	Jessica Lord, ETSU	19:51.57			
44.	Rebekah Wich, Chattanooga	19:51.94			
45.	Sara Belamarich, VMI	19:52.21			
46.	Rebeka Fadgyas, Wofford	19:52.37			
47.	Julia Henderson, Chattanooga	19:52.48			
48.	Ashley McMahon, Mercer	19:52.95			
49.	Ariana Garcia, UNCG	19:55.59			
50.	Mary Wilson, Wofford	19:57.27			

Runner of the Year: Hannah Steelman, Wofford
Freshman of the Year: Shila Kapaya, ETSU
Coach of the Year: Robert Gary, Furman

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2017 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	15	6. UNCG	195
2. ETSU	61	7. Western Carolina	200
3. Samford	78	8. Wofford	211
4. Chattanooga	120	9. The Citadel	225
5. VMI	160	10. Mercer	233

Men's 8-K Individual Results (Oct. 28, Spartanburg, S.C. - Milliken Research Park)

Place	Name, School	Time	Place	Name, School	Time
1.*	Aaron Templeton, Furman	23:43.9	51.	Cristian Widenhouse, Wofford	27:20.1
2.*	Josh Brickell, Furman	23:51.7	52.	Marc Reiser, Mercer	27:23.2
3.*	Tanner Hinkle, Furman	24:00.5	53.	Tyler Robakiewicz, Western Carolina	27:25.3
4.*	Frank Lara, Furman	24:06.9	54.	Trelek Jones, UNCG	27:25.8
5.*	Troy Reeder, Furman	24:06.9	55.	Ben Hensley, Wofford	27:30.5
6.*	Arsene Guillourel, Samford	24:14.8	56.	Adam Hohlbein, The Citadel	27:31.5
7.*	Mason Coppi, Furman	24:22.7	57.	Joe Harbacevich, Wofford	27:33.4
8.#%	Daniel Bernal, Furman	24:25.2	58.	Austin Bailey, Mercer	27:33.7
9.#	Ryan Adams, Furman	24:28.8	59.	Adam Roberto, VMI	27:35.6
10.#%	Ben Varghese, ETSU	24:33.5	60.	Jacob Deangelo, Western Carolina	27:38.6
11.#	Jake Ogden, Furman	24:48.5	61.	Michael Rowlands, Mercer	27:38.8
12.#	Ben Bryant, Samford	24:51.8	62.	Ian Reesh, Western Carolina	27:38.8
13.#%	Noah Charles, ETSU	25:11.8	63.	Weston Clayton, UNCG	27:42.6
14.#	James Garst, ETSU	25:17.2	64.	Ben Boatwright, Wofford	27:49.9
15.	Adam Bradtmueller, ETSU	25:19.4	65.	Jake Mazziotta, VMI	27:56.8
16.	Owen Bailey, Samford	25:24.1	66.	Mark Brannen, Mercer	27:57.5
17.	Kyle Sabourin, VMI	25:24.5	67.	Ethan Epstein, Wofford	28:04.3
18.	Nathan Longfellow, ETSU	25:26.6	68.	Jonathan Timothy, UNCG	28:16.5
19.	Ryan Gebelein, Chattanooga	25:45.5	69.	Fuad Batteh, Mercer	28:17.4
20.	William Sandin, UNCG	25:46.8	70.	Terry Young, Western Carolina	28:17.9
21.%	Louis Morris, ETSU	25:48.0	71.	John Snowman, The Citadel	28:20.7
22.	Cisco Ferre, Wofford	25:53.3	72.	Eric Avalos, The Citadel	28:24.2
23.	Nick Horne, ETSU	25:53.8	73.	James McCoy, Wofford	28:26.9
24.	Dillon Dean, Samford	25:56.8	74.	Charles Braddock, The Citadel	28:40.4
25.	Nathan Watson, Chattanooga	26:02.0	75.	Walker Gibbs, Wofford	28:42.8
26.%	Soressa Gemechu, ETSU	26:04.8	76.	Joshua Topham, Chattanooga	28:49.8
27.	James Broom, VMI	26:12.6	77.	Ewan Hynes, UNCG	29:04.7
28.	John Payne, Chattanooga	26:18.6	78.	Keeton Gleen, UNCG	20:55.5
29.%	Ben Garner, Samford	26:24.4			
30.	Mark Britt, Chattanooga	26:27.5			
31.	Richard Guiry, Chattanooga	26:28.7			
32.	Josh Salter, Samford	26:32.3			
33.	Jordan Bostian, Western Carolina	26:36.8			
34.	Michael Lantz, The Citadel	26:37.0			
35.%	Juan Rodriguez, UNCG	26:39.1			
36.	James Cunningham, The Citadel	26:41.6			
37.	Micah Ellington, VMI	26:43.7			
38.%	Josiah Jaqua, Mercer	26:45.0			
39.	Alex Roy, UNCG	26:47.3			
40.	Isaiah Hanna, Western Carolina	26:48.1			
41.	Jake Ethridge, Chattanooga	26:50.8			
42.	Sean Parker, Mercer	26:52.7			
43.	Jack Zemp, Wofford	26:53.6			
44.	Justin Tucker, Western Carolina	27:02.6			
45.	Carlos Fernandes, VMI	27:08.2			
46.	Harrison Conner, Western Carolina	27:12.2			
47.	Jeremy Shipley, The Citadel	27:13.3			
48.	Daniel Sonnenfeldt, ETSU	27:15.0			
49.	Jackson Betts, VMI	27:16.2			
50.	Robert Fitch, VMI	27:17.3			

Runner of the Year: Aaron Templeton, Furman

Freshman of the Year: Daniel Bernal, Furman

Coach of the Year: Robert Gary, Furman

* denotes all-conference first team

denotes all-conference second team

% denotes all-freshman team

2017 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	23	6. Wofford	168
2. Samford	43	7. Western Carolina	195
3. ETSU	97	8. Mercer	212
4. Chattanooga	141	9. VMI	214
5. UNCG	168	10. The Citadel	253

Women's 5-K Individual Results

(Oct. 28, Spartanburg, S.C. - Milliken Research Park)

Place	Name, School	Time	Place	Name, School	Time
1.*	Allie Buchalski, Furman	16:23.4	51.	Shawnda Martin, Western Carolina	19:36.3
2.*	Karisa Nelson, Samford	16:43.7	52.	Rebeka Fadgyas, Wofford	19:26.9
3.*	Savannah Carnahan, Furman	16:46.7	53.	Julia Henderson, Chattanooga	19:27.7
4.*	Gabrielle Jennings, Furman	16:55.1	54.	Taryn Schoen, Wofford	19:31.5
5.*	Anna Long, Samford	16:58.2	55.	Anna Armfield, VMI	19:31.7
6.*%	Hannah Steelman, Wofford	16:59.4	56.	Grace Jenkins, The Citadel	19:31.7
7.*	Grace Dwyer, Furman	17:13.8	57.	Sommer McKenzie, Wofford	19:32.0
8.#	Emma Grace Hurley, Furman	17:18.3	58.	Madison Paraskeva, Wofford	19:33.6
9.#	Riley Burr, Furman	17:24.1	59.	Kassidy Dill, UNCG	19:47.6
10.#	Mary Grace Strozier, Samford	17:26.0	60.	Jamie Barnett, Wofford	19:50.0
11.#	Haley Ward, Samford	17:35.2	61.	Kennedy Thomson, Chattanooga	19:51.0
12.#%	Lindsey Stallworth, ETSU	17:36.1	62.	Madison Goode, Western Carolina	19:51.8
13.#	Emily Poole, Chattanooga	17:37.4	63.	Lefler McManus, UNCG	19:52.7
14.#%	Kristlin Gear, Furman	17:39.1	64.	Sophia Neglia, Chattanooga	19:53.2
15.	Shian Mallory, Samford	18:01.4	65.	Marina Van Sickle, Mercer	19:54.8
16.	Kathryn Foreman, Samford	18:03.1	66.	Kinglsey Green, Mercer	20:04.5
17.	Jennifer Stephenson, Furman	18:07.4	67.	Kathleen Yates, VMI	20:06.8
18.	Emily Williams-McElroy, ETSU	18:10.1	68.	Malea Smith, UNCG	20:08.6
19.%	Emily Lane, Furman	18:11.8	69.	Ashlynd Broling, Chattanooga	20:15.0
20.	Kaitlyn Lay, ETSU	18:14.4	70.	Megan Kelley, VMI	20:17.6
21.	Ania Grzeszczak, Mercer	18:21.6	71.	Kayla Contreras, UNCG	20:21.8
22.	Emma Garnier, Samford	18:23.4	72.	Kenslee Padgett, The Citadel	20:31.4
23.%	Ariana Garcia, UNCG	18:26.9	73.	Christina Hill, VMI	20:40.4
24.%	Abbey Zane, Samford	18:27.5	74.	Kayla Deaton, Western Carolina	20:51.2
25.	Macy Carrier, ETSU	18:30.9	75.	Jordan Neeley, The Citadel	20:56.3
26.	Logan Luckett, VMI	18:35.9	76.	Kelsey Barrett, UNCG	20:59.8
27.	Bethany King, VMI	18:41.7	77.	Bethany Reeves, The Citadel	21:01.5
28.	Christina Nikolaou, Western Carolina	18:42.9	78.	Shona Sulzbach, The Citadel	21:05.9
29.%	India Godlock, UNCG	18:43.0	79.	Isabela Melendez, VMI	21:09.8
30.	Allie Nelson, Samford	18:43.8	80.	Brittainy Crisp, Western Carolina	21:30.6
31.	Nicole Buehrle, Chattanooga	18:45.3	81.	Madison Cowart, Mercer	21:40.5
32.	Heath Feuchtenberger, ETSU	18:46.8			
33.	Haley Morris, Chattanooga	18:53.1			
34.	Kaitlyn Stone, UNCG	18:56.6			
35.	Brianna Nelson, Chattanooga	19:02.4			
36.	Makayla Shaw, ETSU	19:03.0			
37.	Mary Wilson, Wofford	19:03.2			
38.	Amber Opp, The Citadel	19:04.5			
39.	Lindsey Trotter, Western Carolina	19:06.0			
40.	Kaitlyn Lingard, Western Carolina	19:06.4			
41.	Colbie Williamson, ETSU	19:07.5			
42.	Courtney Czerniak, Mercer	19:08.2			
43.	Taylor Delaney, UNCG	19:09.3			
44.	Anya Bunao, Wofford	19:10.1			
45.	Hannah Caldwell, Chattanooga	19:11.2			
46.	Kimberly Whiting, Mercer	19:12.0			
47.	Nicki Smith, ETSU	19:12.4			
48.	Shannah McAndrew, Wofford	19:13.7			
49.	Lindsay Bruce, ETSU	19:17.0			
50.	Casey Miller, The Citadel	19:23.5			

Runner of the Year: Allie Buchalski, Furman
Freshman of the Year: Hannah Steelman, Wofford
Coach of the Year: Robert Gary, Furman

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2016 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	20	6. Western Carolina	169
2. VMI	79	7. Chattanooga	173
3. ETSU	90	8. Wofford	216
4. Samford	120	9. Mercer	223
5. UNCG	157	10. The Citadel	247

Men's 8-K Individual Results

(Oct. 29, Chattanooga, Tenn. - Camp Jordan)

Place	Name, School	Time	Place	Name, School	Time
1.*	Frank Lara, Furman	23:16.44	51.	Brad Cheek, Samford	25:57.73
2.*	Josh Brickell, Furman	23:25.34	52.	Isaiah Hanna, Western Carolina	25:57.90
3.*	Arsène Guillorel, Samford	23:36.69	53.	Bryan Whyms, UNCG	25:58.36
4.*%	Ryan Adams, Furman	24:08.49	54.	Luke Phillips, VMI	26:00.63
5.*	Brandon Hazouri, Samford	24:12.72	55.	Mark Britt, Chattanooga	26:00.87
6.*%	Mason Coppi, Furman	24:13.53	56.	Jahanzib Shabaz, VMI	26:07.07
7.*	Simeon Roberts, ETSU	24:15.10	57.	Nathan Longfellow, ETSU	26:10.87
8.#	Ben Bryant, Samford	24:18.98	58.	Lee Shearer, Furman	26:12.22
9.#	Matt Lange, Furman	24:25.88	59.	David Guthrie, UNCG	26:18.44
10.#%	Jake Ogden, Furman	24:32.38	60.	Robert Fitch, VMI	26:23.80
11.#	Brennan Huber, Chattanooga	24:33.88	61.	Jack Zemp, Wofford	26:27.32
12.#	James Broom, VMI	24:35.13	62.	Jonathan Rice, Wofford	26:27.53
13.#	Paul Stuart, Chattanooga	24:36.03	63.	Cameron Gatt, Mercer	26:30.98
14.#	Quintin McKinnish, Furman	24:39.65	64.	Adam Urbaniuk, Western Carolina	26:35.25
15.	James Garst, ETSU	24:45.93	65.	Jordan Bostian, Western Carolina	26:37.67
16.%	Dillon Dean, Samford	24:49.50	66.	Trelek Jones, UNCG	26:42.37
17.%	Adam Bradtmueller, ETSU	24:51.98	67.	Ethan Epstein, Wofford	26:47.43
18.	Brandon White, VMI	24:53.68	68.	Mark Brannen, Mercer	26:50.37
19.	Josh Salter, Samford	24:56.29	69.	Michael Rowlands, Mercer	26:53.54
20.	Ross Jordan, The Citadel	24:59.58	70.	Walker Gibbs, Wofford	26:54.04
21.	Cisco Ferre, Wofford	25:02.06	71.	Tyler Robakiewicz, Western Carolina	26:54.49
22.%	Ryan Drew, VMI	25:02.45	72.	Ben Boatwright, Wofford	26:55.08
23.	Liam Brooks, Western Carolina	25:04.27	73.	Dane Szalwinski, Wofford	26:57.72
24.%	Patrick McNamara, Furman	25:05.60	74.	Matt Gill, The Citadel	27:02.21
25.	Kyle Sabourin, VMI	25:05.66	75.	Patrick O'Grady, UNCG	27:06.47
26.	Carl Oberfeiting, ETSU	25:06.78	76.	Brian Cothran, The Citadel	27:06.79
27.	Paul Richardson, Samford	25:08.16	77.	McHenry Power, Mercer	27:13.28
28.	Owen Bailey, Samford	25:13.41	78.	Joe Harbacevich, Wofford	27:13.94
29.	Gavin Hasty, Chattanooga	25:17.25	79.	Harrison Conner, Western Carolina	27:14.53
30.	Matthew Warriner, ETSU	25:22.82	80.	Jordan Kokoska, Western Carolina	27:22.93
31.	Nathan Watson, Chattanooga	25:24.49	81.	Robel Teclé, UNCG	27:26.47
32.	Richard Guiry, Chattanooga	25:25.49	82.	Sam Gelabert, Mercer	27:28.92
33.	James Cunningham, The Citadel	25:25.54	83.	Mustapha Elgazar, The Citadel	27:30.53
34.	John Payne, Chattanooga	25:27.81	84.	Caleb Albrecht, Western Carolina	27:38.65
35.	Skyler Winchester, ETSU	25:28.10	85.	Abraham Balawi, Mercer	27:56.32
36.	Daniel Sonnenfeldt, ETSU	25:30.71	86.	Justin Hanson, Mercer	28:00.79
37.	Ahmed Jama, Mercer	25:33.72	87.	Marc Reiser, Mercer	28:06.65
38.	Cristian Widenhouse, Wofford	25:34.27	88.	Eric Avalos, The Citadel	28:16.21
39.	Austin Casassa, Chattanooga	25:35.48			
40.	Luke Sumerford, UNCG	25:37.26			
41.	Justin Tucker, Western Carolina	25:37.58			
42.	Micah Ellington, VMI	25:41.64			
43.	Michael Lantz, The Citadel	25:43.62			
44.	Dakarai Shipp, UNCG	25:43.88			
45.	Brandon King, UNCG	25:44.10			
46.	Trevor Janssen, Chattanooga	25:45.27			
47.	Justin Adams, VMI	25:48.87			
48.	Zack Summerall, ETSU	25:54.92			
49.	William Sandin, UNCG	25:56.40			
50.	Michael Rohdy, Samford	25:56.45			

Runner of the Year: Frank Lara, Furman
Freshman of the Year: Ryan Adams, Furman
Coach of the Year: Robert Gary, Furman

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2016 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	24	T5. Wofford	171
2. Samford	47	7. Western Carolina	176
3. ETSU	111	8. VMI	185
4. Chattanooga	113	9. Mercer	201
T5. UNCG	171	10. The Citadel	266

Women's 5-K Individual Results

(Oct. 29, Chattanooga, Tenn. - Camp Jordan)

Place	Name, School	Time	Place	Name, School	Time
1.*	Karisa Nelson, Samford	16:22.62	51.	Grace Jenkins, The Citadel	19:10.17
2.*%	Savannah Carnahan, Furman	16:24.72	52.	McKaylin Darsey, Mercer	19:14.66
3.*%	Emma Grace Hurley, Furman	16:55.36	53.	Sarah DeSantis, UNCG	19:21.75
4.*	Emma Garner, Samford	16:55.42	54.	Kathleen Yates, VMI	19:26.94
5.*%	Gabrielle Jennings, Furman	17:02.42	55.	Kylie Rutherford, ETSU	19:28.11
6.*	Laura Miller, Furman	17:07.87	56.	Adrienne Hutchens, ETSU	19:28.85
7.*	Katy Link, UNCG	17:14.78	57.	Sommer McKenzie, Wofford	19:32.68
8.#%	Riley Burr, Furman	17:30.18	58.	Trinity Wiles, Western Carolina	19:37.34
9.#%	Grace Dwyer, Furman	17:37.50	59.	Bethanie Bailey, Mercer	19:37.99
10.#%	Jennifer Stephenson, Furman	17:39.27	60.	Rebeka Fadgyas, Wofford	19:40.25
11.#%	Taylor Delaney, UNCG	17:42.05	61.	Sydney Winchel, Western Carolina	19:42.51
12.#	Anna Long, Samford	17:43.67	62.	Kelly Russell, VMI	19:47.12
13.#	Julia Rodriguez, Furman	17:49.02	63.	Anna Lyles, Wofford	19:50.70
14.#	Mary Grace Strozier, Samford	17:49.11	64.	Shannon Millikin, Mercer	19:50.84
15.	Katie Hirko, ETSU	17:54.79	65.	Sadie Sandifer, VMI	19:51.94
16.	Maddison Melchionna, Chattanooga	17:58.93	66.	Alexandra Christopoulos, Wofford	19:52.55
17.	Logan Lockett, VMI	18:00.34	67.	Katarina Ruehl, Western Carolina	19:54.86
18.	Shian Mallory, Samford	18:01.25	68.	Keegan Van Wert, ETSU	20:03.64
19.	Kennedy Thomson, Chattanooga	18:03.24	69.	Dana Duggan, The Citadel	20:07.07
20.	Shawnda Martin, Western Carolina	18:03.63	70.	Jordan Neeley, The Citadel	20:07.17
21.	Victoria Hutchens, ETSU	18:09.04	71.	Brianna Wahy, Mercer	20:12.43
22.	Macy Carrier, ETSU	18:15.88	72.	Jamie Barnett, Wofford	20:17.16
23.	Anna Kate Chance, Chattanooga	18:16.52	73.	Sarah Ellen Powell, Mercer	20:23.40
24.	Taryn Schoen, Wofford	18:17.48	74.	Katlyn Adkins, UNCG	20:26.84
25.	Presley Weems, Samford	18:24.11	75.	Isabela Melendez, VMI	20:45.97
26.	Jessica York, Chattanooga	18:29.42	76.	Daniel Sanchez-Martinez, The Citadel	20:51.56
27.	Bethany King, VMI	18:29.69	77.	Christina Hill, VMI	20:57.83
28.	Maddie Wolfe, Furman	18:33.12	78.	Bethany Reeves, The Citadel	21:07.70
29.	Nicki Smith, ETSU	18:33.14	79.	Mia DePillo, ETSU	21:41.06
30.	Shannon McAndrew, Wofford	18:35.79	80.	Kelsey Barrett, UNCG	22:02.41
31.	Kaitlyn Lay, ETSU	18:35.88	81.	Paige Herbst, The Citadel	22:09.05
32.	Anna Grzeszczak, Mercer	18:37.53			
33.	Caillian Colquitt, The Citadel	18:38.28			
34.	Anya Bunao, Wofford	18:38.86			
35.	Hannah Caldwell, Chattanooga	18:39.54			
36.	Victoria Rogers, Mercer	18:40.64			
37.	Mary Wilson, Wofford	18:41.22			
38.	Kaitlyn Lingard, Western Carolina	18:42.69			
39.	Julia Henderson, Chattanooga	18:46.28			
40.	Haley Morris, Chattanooga	18:46.28			
41.	Kayla Deaton, Western Carolina	18:46.56			
42.	Jada Blake, Western Carolina	18:50.42			
43.	Brianna Nelson, Chattanooga	18:51.80			
44.	Kaitlyn Stone, UNCG	18:52.77			
45.	Lindsey Trotter, Western Carolina	18:55.58			
46.	Madison Goode, Western Carolina	18:56.65			
47.	Kimberly Whiting, Mercer	18:57.11			
48.	Courtney Czerniak, Mercer	19:02.07			
49.	Hannah Chamblin, Chattanooga	19:02.94			
50.	Kennedy Flynn, VMI	19:10.06			

Runner of the Year: Karisa Nelson, Samford
Freshman of the Year: Savannah Carnahan, Furman
Coach of the Year: Robert Gary, Furman

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2015 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	20	6. Western Carolina	169
2. VMI	79	7. Chattanooga	173
3. ETSU	90	8. Wofford	216
4. Samford	120	9. Mercer	223
5. UNCG	157	10. The Citadel	247

Men's 8-K Individual Results

(Oct. 31, Greenville, S.C. - Furman Golf Course)

Place	Name, School	Time	Place	Name, School	Time
1.*	Arse'ne Guillorel, Samford	24:10.16	51.	Zack Summerall, ETSU	26:38.74
2.*	Troy Reeder, Furman	24:13.81	52.	Micah Ellington, VMI	26:39.22
3.*	Tanner Hinkle, Furman	24:15.27	53.	Joe Harbacevich, Wofford	26:47.78
4.*	Austin Sprague, Furman	24:21.85	54.	Patrick O'Grady, UNCG	26:52.47
5.*	Frank Lara, Furman	24:22.78	55.	Ryan Doyle, Wofford	26:52.94
6.*	Aaron Templeton, Furman	24:25.65	56.	Ross Jordan, The Citadel	26:57.68
7.*	Josh Brickell, Furman	24:28.88	57.	Nicholas Ashmead, Mercer	26:58.11
8.#	Kyle Polman, Furman	24:36.71	58.	Mark Brannen, Mercer	27:01.93
9.#	Avery Martin, VMI	24:47.33	59.	Austin Ethridge, Chattanooga	27:01.96
10.#	Mark Hadley, Furman	24:56.37	60.	Grant Smith, The Citadel	27:04.57
11.#	Sean Helmke, VMI	24:56.78	61.	Matthew Gill, The Citadel	27:08.59
12.#	Paul Stuart, Chattanooga	24:58.06	62.	Harrison Conner, Western Carolina	27:10.37
13.#	Simeon Roberts, ETSU	25:04.04	63.	Caleb Albrecht, Western Carolina	27:11.61
14.#%	James Garst, ETSU	25:04.18	64.	Jordan Bostian, Western Carolina	27:12.67
15.	Dylan Belles, UNCG	25:12.00	65.	Adam Jones, Samford	27:24.44
16.%	Liam Brooks, Western Carolina	25:13.62	66.	Jack Strevell, Chattanooga	27:25.12
17.	Lee Shearer, Furman	25:17.30	67.	Brandon King, UNCG	27:27.55
18.	Skyler Winchester, ETSU	25:18.25	68.	Dane Szalwinski, Wofford	27:50.50
19.	Luke Weishaar, Samford	25:18.29	69.	Ben Boatwright, Wofford	27:52.39
20.%	Ahmed Jama, Mercer	25:18.90	70.	Aurelien Bourgeon, Mercer	27:54.07
21.%	Kyle Sabourin, VMI	25:21.05	71.	Charles Braddock, The Citadel	28:04.90
22.	Daniel DeNijs, VMI	25:21.08	72.	Jonathan Rice, Wofford	28:09.56
23.	Brandon White, VMI	25:21.90	73.	Ross Porter, Mercer	28:11.73
24.	James Broom, VMI	25:36.41	74.	James Howlin, Citadel	28:19.15
25.%	Ben Bryant, Samford	25:37.21	75.	Joel Freeman, Western Carolina	28:21.86
26.	Haydn Borghetti-Metz, ETSU	25:49.20	76.	Jordan Kokoska, Western Carolina	28:24.46
27.	Angus Baldwin, ETSU	25:49.54	77.	William Sloane, The Citadel	28:28.31
28.	Jamie Bigby, Western Carolina	25:51.31	78.	Abraham Balawi, Mercer	28:35.65
29.%	Cisco Ferre, Wofford	25:51.89	79.	Evan Park, Mercer	28:47.47
30.%	Richard Guiry, Chattanooga	25:56.11	80.	Justin Hanson, Mercer	28:51.24
31.	Carl Oberfeiting, ETSU	26:00.18	81.	Ben Hensley, Wofford	29:06.68
32.	Patrick Spahn, VMI	26:01.30	82.	Dakarai Shipp, UNCG	29:16.61
33.	Bryan Whymys, UNCG	26:03.47			
34.	JC Cornett, Western Carolina	26:10.40			
35.	Cameron Gatt, Mercer	26:11.21			
36.	William Sandin, UNCG	26:12.01			
37.	John Payne, Chattanooga	26:12.89			
38.	Michael Lantz, The Citadel	26:15.93			
39.	Zachary Chase, VMI	26:16.11			
40.	David Guthrie, UNCG	26:20.28			
41.	Tommy Connell, Western Carolina	26:20.85			
42.	Owen Bailey, Samford	26:21.63			
43.	Michael Rohdy, Samford	26:25.78			
44.	Luke Sumerford, UNCG	26:28.05			
45.	Josh Salter, Samford	26:28.96			
45.	Cristian Widenhouse, Wofford	26:28.96			
47.	Mark Britt, Chattanooga	26:29.43			
48.	Robert Anderson, UNCG	26:29.97			
49.	James Cunningham, The Citadel	26:30.05			
50.	Alex Michaels, Wofford	26:34.05			

Runner of the Year: Arse'ne Guillorel, Samford

Freshman of the Year: James Garst, ETSU

Coach of the Year: Robert Gary, Furman

* denotes all-conference first team

denotes all-conference second team

% denotes all-freshman team

2015 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	33	T5. Western Carolina	141
2. Chattanooga	52	7. Mercer	164
3. UNCG	99	8. Wofford	193
4. ETSU	121	9. VMI	246
T5. Samford	141	10. The Citadel	250

Women's 5-K Individual Results

(Oct. 31, Greenville, S.C. - Furman Golf Course)

Place	Name, School	Time	Place	Name, School	Time
1.*	Allie Buchalski, Furman	17:37.37	51.	Katlyn Adkins, UNCG	20:45.31
2.*	Teghan Henderson, Chattanooga	17:45.27	52.	Shannon Millikin, Mercer	20:47.74
3.*	Laura Miller, Furman	18:04.60	53.	Trinity Wiles, Western Carolina	20:50.97
4.*%	Kathleen Mansure, UNCG	18:17.48	54.	Christina Nikolaou, Western Carolina	20:51.30
5.*%	Jacquelyn Crow, Furman	18:21.94	55.	Sarah Spiro, Wofford	20:51.59
6.*	Eira Jensen, UNCG	18:33.35	56.	Jessica Dewitte, The Citadel	20:54.94
7.*	Emily Drouin, Chattanooga	18:34.62	57.	Magaret Grogan, Samford	21:02.56
8.#	Karisa Nelson, Samford	18:36.92	58.	Bethany Reeves, The Citadel	21:06.94
9.#	Emma Mashburn, Furman	18:48.95	59.	Natalie Johnston, Samford	21:13.10
10.#	Emma Garner, Samford	18:54.15	60.	Elizabeth Webster, The Citadel	21:14.74
11.#	Katy Link, UNCG	19:06.01	61.	Alexa Zimmerman, ETSU	21:15.82
12.#	Anna Kate Chance, Chattanooga	19:06.33	62.	Mia Castelveter, VMI	21:18.67
13.#%	Kaitlyn Lingard, Western Carolina	19:06.72	63.	Halee Rogers, Wofford	21:20.93
14.#	Hannah Chamblin, Chattanooga	19:07.51	64.	Kataryna O'Neil, Mercer	21:21.95
15.	Ann Sisson, Furman	19:10.74	65.	Breck Peterson, Wofford	21:33.70
16.	Victoria Hutchens, ETSU	19:12.33	66.	Riley Neary, VMI	22:26.36
17.	Jessica York, Chattanooga	19:18.54	67.	Christina Hill, VMI	22:30.26
18.	Emily Williams, ETSU	19:22.31	68.	Karen Grier, The Citadel	22:49.99
19.	Jenna Gipperich, Mercer	19:23.43	69.	Kayla Wetherell, UNCG	23:04.85
20.	Kaitlyn Shetler, Western Carolina	19:36.16	70.	Meredith Hicks, UNCG	23:21.05
21.	Ansley Bos, Samford	19:36.36	71.	Julia Logan, VMI	23:30.98
22.	Maddie Wolfe, Furman	19:37.60	72.	Shona Sulzbach, The Citadel	23:39.07
23.	Bryce Seymour, Furman	19:38.62	73.	Brenea Thomas, VMI	24:37.76
24.	Sahara Fletcher, ETSU	19:39.11			
25.	Maddison Melchionna, Chattanooga	19:42.24			
26.	Kami Orrender, Mercer	19:44.42			
27.	Rebecca Cooley, Furman	19:46.65			
28.	Madison Goode, Western Carolina	19:47.96			
29.	Katlyn Ayers, UNCG	19:50.51			
30.	Macy Carrier, ETSU	19:52.13			
31.	Anya Bunao, Wofford	19:54.37			
32.	Bethany King, VMI	20:00.99			
33.	Rebecca Greenwall, Chattanooga	20:09.26			
34.	Kennedy Flynn, VMI	20:09.56			
35.	Sarah Zimmer, ETSU	20:10.00			
36.%	Bethanie Bailey, Mercer	20:10.10			
37.	Grace Jenkins, The Citadel	20:13.79			
38.%	Alexandra Forster, Wofford	20:18.52			
39.	Cheyenne Andrew, Mercer	20:19.64			
40.%	Rebeka Fadgyas, Wofford	20:23.50			
41.%	Emma Hand, Western Carolina	20:30.16			
42.%	Jada Blake, Western Carolina	20:31.64			
43.	Marella Angello, Wofford	20:34.68			
44.	Laney Browder, Western Carolina	20:35.47			
45.	Jamie Barnett, Wofford	20:37.23			
45.	Katarina Ruehl, Western Carolina	20:37.23			
47.	Victoria Rogers, Mercer	20:38.53			
48.	Courtney Czerniak, Mercer	20:39.13			
49.	Katelyn Brock, Samford	20:42.96			
50.	Emani Little, The Citadel	20:43.62			

Runner of the Year: Allie Buchalski, Furman
Freshman of the Year: Kathleen Mansure, UNCG
Coach of the Year: Robert Gary, Furman
 Bill Gautier, Chattanooga

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

2014 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	16	6. Western Carolina	156
2. ETSU	71	7. UNCG	196
3. VMI	92	8. Mercer	212
4. Samford	108	9. Wofford	234
5. Chattanooga	148	10. The Citadel	283

Men's 8-K Individual Results

(Oct. 31, Kenersville, N.C. - Ivey M. Redmon Sports Complex)

Place	Name, School	Time	Place	Name, School	Time
1.*	Tripp Hurt, Furman	24:18.63	51.	Alex Michaels, Wofford	26:48.29
2.*	Troy Reeder, Furman	24:18.83	52.	Philip Harpen, VMI	26:50.00
3.*%	Aaron Templeton, Furman	24:18.88	53.	Cristian Widenhouse, Wofford	26:58.27
4.*	Tanner Hinkle, Furman	24:18.92	54.	Bryan Whymys, UNCG	27:01.71
5.*	Brock Baker, Furman	24:23.56	55.	Robel Teclé, UNCG	27:06.11
6.*%	Frank Lara, Furman	24:25.05	56.	Patrick O'Brien, Chattanooga	27:10.73
7.*%	Austin Sprague, Furman	24:31.32	57.	Jeff Law, Mercer	27:13.45
8.#	William Ivey, Furman	24:35.28	58.	Matthew Marshall, Chattanooga	27:16.75
9.#%	Mark Hadley, Furman	24:40.70	59.	Hunter McGahee, Wofford	27:18.67
10.#	Avery Martin, VMI	24:41.83	60.	Andrew Anastasiades, Mercer	27:22.60
11.#	Simeon Roberts, ETSU	24:48.01	61.	Tommy Connell, Western Carolina	27:22.79
12.#	Travis Alfaro, Western Carolina	24:49.53	62.	Cooper Wurst, Western Carolina	27:26.15
13.#%	Arséne Guilloré, Samford	24:53.43	63.	Crisman Jones, Western Carolina	27:33.83
14.#	Sean Duffy, ETSU	24:56.25	64.	James Cunningham, The Citadel	27:34.03
15.	Adam Chase, ETSU	24:59.92	65.	Matthew Gill, The Citadel	27:36.33
16.	Adam Jones, Samford	25:05.54	66.	Nicholas Ashmead, Mercer	27:37.26
17.	Daniel Denijs, VMI	25:12.31	67.	Justice Sanders, The Citadel	27:42.70
18.	Harry Smithers, Chattanooga	25:14.35	68.	Ross Porter, Mercer	27:44.28
19.	Sean Helmke, VMI	25:15.96	69.	Jonathan Rice, Wofford	27:56.95
20.	James Miller, ETSU	25:19.04	70.	Brandon King, UNCG	28:03.03
21.	Angus Baldwin, ETSU	25:21.01	71.	Mark Brannen, Mercer	28:13.91
22.	John Gilpin, Chattanooga	25:21.90	72.	Justin Whitaker, Wofford	28:25.21
23.	Luke Weishaar, Samford	25:32.41	73.	William Sloane, The Citadel	28:27.47
24.	Matthew Warriner, ETSU	25:37.36	74.	Raeven Lantz, The Citadel	28:29.62
25.	Trevor Janssen, Chattanooga	25:38.81	75.	Adam McMahan, Mercer	28:43.86
26.	Hartnel Paultre, VMI	25:39.24	76.	Darrell Hayden, The Citadel	28:49.04
27.	Brandon Hazouri, Samford	25:49.14	77.	James Howlin, The Citadel	28:50.49
28.	Ryan Doyle, Wofford	25:49.48	78.	Kaleel Barton, Western Carolina	30:14.33
29.	JC Cornett, Western Carolina	25:52.72	79.	Michael Darley, The Citadel	30:15.79
30.	Patrick Spahn, VMI	25:53.29	80.	Ben Hensley, Wofford	31:54.22
31.	Matthew Joyner, ETSU	25:54.75			
32.	Brandon White, VMI	25:59.52			
33.%	Geoffrey Korir, UNCG	26:02.57			
34.	Victor Kosgei, Mercer	26:09.39			
35.%	Tyler Richards, VMI	26:13.27			
36.	Brandon Cain, UNCG	26:13.46			
37.	Zachary Chase, VMI	26:15.75			
38.	Davis Trexler, Mercer	26:16.31			
39.	Daniel Sonnenfeldt, ETSU	26:17.64			
40.	Clay Howarth, Western Carolina	26:20.42			
41.	Haydn Borghetti-Metz, ETSU	26:22.06			
42.	Nathan Hendershot, Samford	26:22.79			
43.	Jamie Bigby, Western Carolina	26:23.67			
44.	Austin Casassa, Chattanooga	26:24.90			
45.	Austin Pfeifer, Mercer	26:27.46			
46.	Patrick O'Grady, UNCG	26:29.91			
47.	Luke Sumerford, UNCG	26:30.87			
48.	Michael Lantz, The Citadel	26:38.35			
49.	Josh Salter, Samford	26:39.99			
50.	Michael Cornwell, Western Carolina	26:46.54			

Runner of the Year: Tripp Hurt, Furman
Freshman of the Year: Aaron Templeton, Furman
Coach of the Year: Robert Gary, Furman

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2014 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	22	6. Mercer	175
2. Chattanooga	71	7. Western Carolina	175
3. Samford	90	8. VMI	208
4. ETSU	104	9. The Citadel	239
5. UNCG	161	10. Wofford	247

Women's 5-K Individual Results

(Oct. 31, Kernersville, N.C. - Ivey M. Redmon Sports Complex)

Place	Name, School	Time	Place	Name, School	Time
1.*	Allie Buchalski, Furman	16:44.42	51.	Anya Bunao, Wofford	19:27.20
2.*	Sinead Haughey, Furman	16:45.76	52.	Cheyenne Andrew, Mercer	19:27.34
3.*	Katie Hirko, ETSU	16:50.41	53.	Keightley Dudgeon, Mercer	19:28.72
4.*	Julia Rodriguez, Furman	17:08.41	54.	Nicole Ogilbee, The Citadel	19:29.40
5.*	Amanda Cotter, Chattanooga	17:08.54	55.	Caillian Colquitt, The Citadel	19:29.46
6.*	Kami Orrender, Mercer	17:13.37	56.	Sarah Spiro, Wofford	19:31.10
7.*%	Emma Mashburn, Furman	17:18.09	57.	Kennedy Flynn, VMI	19:34.17
8.#	Grace Tinkey, Furman	17:25.71	58.	Emani Little, The Citadel	19:34.42
9.#	Laura Miller, Furman	17:33.25	59.	Mia Castelveter, VMI	19:36.65
10.#	Rebecca Greenwall, Chattanooga	17:35.03	60.	Kylie Rutherford, ETSU	19:39.42
11.#	Eira Jensen, UNCG	17:37.98	61.	Katarina Ruehl, Western Carolina	19:40.17
12.#%	Karisa Nelson, Samford	17:41.79	62.	Kataryna O'Neil, Mercer	19:40.84
13.#	Katlyn Ayers, UNCG	17:47.38	63.	Chandler Washburn, Wofford	19:42.70
14.#	Rachel Wooten, Samford	17:48.04	64.	Emily Fields, The Citadel	19:49.16
15.%	Macy Carrier, ETSU	17:53.41	65.	Madison Goode, Western Carolina	19:52.58
16.%	Emily Drouin, Chattanooga	17:58.27	66.	Halee Rogers, Wofford	19:54.31
17.	Jessica York, Chattanooga	18:03.53	67.	Katie-Rose Alligood, Mercer	19:54.76
18.	Ansley Bos, Samford	18:08.43	68.	Samiah Wilson, UNCG	19:57.41
19.	Victoria Hutchens, ETSU	18:09.02	69.	Grace Jenkins, The Citadel	19:58.19
20.	Michelle Provost, Western Carolina	18:10.53	70.	Ashley Taylor, Western Carolina	20:10.73
21.	Maddie Wolfe, Furman	18:10.57	71.	Kaitlyn Shetler, Western Carolina	20:16.67
22.%	Megan Roach, Samford	18:12.65	72.	Michaela Williams, Western Carolina	20:22.77
23.	Keeley Stewart, Chattanooga	18:13.26	73.	Kiersten Ellsworth, Wofford	20:33.71
24.%	Emma Garner, Samford	18:18.12	74.	Breck Peterson, Wofford	20:43.70
25.%	Maddison Melchionna, Chattanooga	18:22.17	75.	Christina Hill, VMI	20:47.99
26.	Katy Link, UNCG	18:22.35	76.	Brianna Goble, ETSU	20:51.14
27.	Aleshia Reese, Western Carolina	18:22.92	77.	Meredith Hicks, UNCG	20:59.64
28.	Hannah Dickinson, VMI	18:27.98	78.	Katlyn Adkins, UNCG	21:06.66
29.	Anna Irvine, Samford	18:30.58	79.	Paige Herbst, The Citadel	21:57.84
30.	Laney Browder, Western Carolina	18:34.63			
31.	Bryce Seymour, Furman	18:38.59			
32.	Katelyn Brock, Samford	18:40.93			
33.	Lisa Pallotta, ETSU	18:42.14			
34.	Jacqueline Thompson, The Citadel	18:42.97			
35.	Frances Bernard, Samford	18:45.52			
36.	Katie Ray, Chattanooga	18:48.86			
37.	Carmen Hilliard, ETSU	18:50.05			
38.	Jenna Gipperich, Mercer	18:51.46			
39.	Sarah Zimmer, ETSU	18:52.79			
40.	Alissa Williams, Wofford	18:54.03			
41.	Lena Elliott, Western Carolina	18:54.84			
42.	Kelly Russell, VMI	19:03.61			
43.	Michelle Church, VMI	19:12.73			
44.	Victoria Rogers, Mercer	19:13.56			
45.	Courtney Czerniak, Mercer	19:13.77			
46.	Bethany King, VMI	19:15.14			
47.	Jessica Dewitte, The Citadel	19:15.87			
48.	Marella Angello, Wofford	19:16.20			
49.	Amanda Branch, UNCG	19:16.65			
50.	Shannon Millikin, Mercer	19:18.27			

Runner of the Year: Allie Buchalski, Furman
Freshman of the Year: Emma Mashburn, Furman
Coach of the Year: Robert Gary, Furman

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2013 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	48	6. Samford	148
2. Appalachian State	63	7. Elon	167
3. Chattanooga	73	8. Western Carolina	221
4. UNCG	74	9. The Citadel	269
5. Davidson	124	10. Wofford	282

Men's 8-K Individual Results

(Nov. 2, Birmingham, Ala. - Veterans Park)

Place	Name, School	Time	Place	Name, School	Time
1.*	Paul Chelimo, UNCG	24:19.72	51.	Matthew Marshall, Chattanooga	27:12.15
2.*	Paul Katam, UNCG	24:34.52	52.	Max Bergstrom, UNCG	27:13.21
3.*	Luis Vargas, Elon	24:52.92	53.	Alex Michaels, Wofford	27:14.37
4.*	Tripp Hurt, Furman	25:01.56	54.	Jamie Durling, Davidson	27:16.75
5.*	Lucas Cotter, Chattanooga	25:04.72	55.	James Graham, Samford	27:20.89
6.*	Kyle McFoy, Appalachian State	25:08.85	56.	Ian O'Leary, Elon	27:22.08
7.*%	Troy Reeder, Furman	25:16.45	57.	Eric Williams, UNCG	27:23.11
8.#	Dylan Belles, UNCG	25:24.88	58.	Jamie Bigby, Western Carolina	27:36.52
9.#%	Tanner Hinkle, Furman	25:30.26	59.	Matthew Gill, The Citadel	27:44.11
10.#	Josh Cox, Appalachian State	25:31.76	60.	Ryan Gwaltney, Elon	27:48.00
11.#	Mark Cole, Chattanooga	25:37.09	61. ^	Nathan Hendershot, Samford	27:52.48
12.#%	Brock Baker, Furman	25:37.58	62.	Tommy Connell, Western Carolina	27:53.28
13.#	James Howard-Smith, Appalachian State	25:40.05	63.	Patrick Rollo, Davidson	27:57.66
14.#	Will Raby, Appalachian State	25:40.76	64.	Hunter McGahee, Wofford	27:58.83
15.	Sal Del Giudice, Davidson	25:41.39	65.	Cooper Wurst, Western Carolina	28:04.77
16.	Jack Klecker, Furman	25:42.01	66.	Mark Sullivan, Appalachian State	28:12.21
17.	Paul Stuart, Chattanooga	25:42.44	67.	Zack Darby, Chattanooga	28:19.81
18.	Trevor Janssen, Chattanooga	25:42.99	68.	Grant Smith, The Citadel	28:21.96
19.	Whitner Chase, Davidson	25:43.01	69.	Perry Cabean, Western Carolina	28:32.85
20.%	Michael Ellis, Appalachian State	25:51.35	70.	Paul Fleckenstein, The Citadel	28:44.09
21.	Luke Weishaar, Samford	25:52.23	71.	William Sloane, The Citadel	29:06.73
22.	John Gilpin, Chattanooga	25:53.24	72.	Michael Cornwell, Western Carolina	29:16.27
23.%	Nate Riech, Furman	25:54.82	73.	Brandon Rabon, The Citadel	29:30.47
24.	Daniel Samet, Davidson	25:54.85	74.	Miles Keohane, The Citadel	29:42.11
25.	Travis Alfaro, Western Carolina	25:55.08	75.	Justin Whitaker, Wofford	29:49.06
26.	Abraham Kemboi, UNCG	25:58.92	76.	Will Epps, The Citadel	29:55.52
27.	Layton Dorsett, Samford	26:00.23	77.	Kyle Hofmann, Wofford	30:11.02
28.	Brandon Hazouri, Samford	26:03.78	78.	Jonathan Rice, Wofford	30:12.53
29.	Adam Jones, Samford	26:11.70	79.	Ben Boyles, Wofford	30:17.36
30.	Ryan Phillips, Davidson	26:12.71			
31.	Ari Rothschild, Elon	26:16.12			
32.	Andrew Vandenberg, Appalachian State	26:19.58			
33.	Chris Garrett, Appalachian State	26:20.11			
34.%	Connor Sorrels, Furman	26:28.03			
35.	Nick Schneider, Elon	26:30.07			
36.	Grayam Sailor-Tynes, Davidson	26:33.70			
37.	Tyron Alston, UNCG	26:35.82			
38.	Tyler Greathouse, Furman	26:40.32			
39.%	Clay Howarth, Western Carolina	26:40.54			
40.	Aaron Forburger, Davidson	26:48.07			
41.	John Mogen, Davidson	26:48.87			
42.	Ryan Doyle, Wofford	26:50.58			
43.	Brandon Cain, UNCG	26:53.87			
44.	Lukas Sieb, Samford	26:55.10			
45.	William Ivey, Furman	26:55.74			
46.	Raeven Lantz, The Citadel	26:55.80			
47.	Josh Crawford, UNCG	27:00.74			
48.	James Stevenson, Elon	27:08.14			
49.	Ross Jordan, The Citadel	27:10.13			
50.	JC Cornett, Western Carolina	27:10.56			

Runner of the Year: Paul Chelimo, UNCG

Freshman of the Year: Troy Reeder, Furman

Coach of the Year: Robert Gary, Furman

* denotes all-conference first team

denotes all-conference second team

% denotes all-freshman team

^ later vacated

2013 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	48	7. Samford	195
2. Elon	50	8. Wofford	238
3. UNCG	62	9. Western Carolina	240
4. Appalachian State	99	10. The Citadel	276
5. Chattanooga	136	11. Georgia Southern	305
6. Davidson	177		

Women's 5-K Individual Results

(Nov. 2, Birmingham, Ala. - Veterans Park)

Place	Name, School	Time	Place	Name, School	Time
1.*	Teghan Henderson, Chattanooga	17:05.84	54.	Olivia Menden, Davidson	19:52.59
2.*%	Allie Buchalski, Furman	17:32.43	55.	Jessica York, Chattanooga	19:53.33
3.*%	Grace Tinkey, Furman	17:33.76	56.	Samiiah Wilson, UNCG	19:57.98
4.*	Shaina Sumney, UNCG	17:49.64	57.	Jacqueline Thompson, The Citadel	19:58.82
5.*	Allyson Oram, Elon	17:56.74	58.	Anna Irvine, Samford	20:08.30
6.*	Lydia Saina, UNCG	18:02.87	59.	Anna Kate Chance, Chattanooga	20:12.72
7.*	Chelsea Sumney, UNCG	18:08.80	60.	Madalyn Garland, Chattanooga	20:20.07
8.#	Sinead Haughey, Furman	18:09.44	61.	Shannon Hall, UNCG	20:26.83
9.#	Elyse Bierut, Elon	18:14.62	62.	Caroline Turner, Davidson	20:30.80
10.#	Justine Stocks, Appalachian State	18:23.22	63.	Brigid Behrens, Davidson	20:32.42
11.#	Tereza Novotna, Elon	18:29.46	64.	Emani Little, The Citadel	20:34.44
12.#	Haylee Dawe, Elon	18:29.84	65.	Carly Egan, Wofford	20:37.58
13.*%	Kimberly Johansen, Elon	18:35.33	66.	Mackenzie Jensen, Western Carolina	20:38.78
14.#	Erin Osment, Davidson	18:38.12	67.	Lena Elliott, Western Carolina	20:44.88
15.	Dana Cox, Appalachian State	18:38.52	68.	Ashton Lord, Georgia Southern	20:50.27
16.%	Julia Rodriguez, Furman	18:40.25	69.	Katie Ray, Chattanooga	21:07.63
17.	Sam Hughes, Wofford	18:40.55	70.	Emily Fields, The Citadel	21:18.24
18.	Kaitlin Snapp, Elon	18:41.12	71.	Brooke Stanley, Georgia Southern	21:20.85
19.#	Laura Miller, Furman	18:43.34	72.	Shannon Veilleux, Western Carolina	21:23.72
20.	Keeley Stewart, Chattanooga	18:43.46	73.	Jessica Dewitte, The Citadel	21:35.10
21.	Kelly Montague, UNCG	18:44.48	74.	Alissa Williams, Wofford	21:42.29
22.	Brittany Williams, Appalachian State	18:45.01	75.	Julia Metscher, Western Carolina	21:45.51
23.	Rachel Wooten, Samford	18:47.49	76.	Nicole Ogilbee, The Citadel	21:47.90
24.%	Eira Jensen, UNCG	18:48.15	77.	Kiersten Ellsworth, Wofford	21:56.70
25.	Meaghan McCauley, Appalachian State	18:49.99	78.	Meghan Tillman, Wofford	22:10.24
26.	Amanda Cotter, Chattanooga	18:50.87	79.	Amanda Ventre, Georgia Southern	22:25.35
27.	Kaitlyn Cagle, Appalachian State	18:52.79	80.	Leigha Long, Georgia Southern	22:38.16
28.	Kayla Schneider, Appalachian State	18:52.80	81.	Hope Kimberly, Georgia Southern	22:40.90
29.%	Jenny Fritz, Davidson	18:53.32	82.	Katelyn Chancey, Georgia Southern	23:12.08
30.	Katy Link, UNCG	18:57.96	83.	Cherelle King, Georgia Southern	23:58.31
31.	Alyssa Burkert, Wofford	18:59.22	84.	Ashleigh Rasheed, Georgia Southern	24:57.83
32.	Mallary Price, Appalachian State	19:01.30			
33.	Ann Sisson, Furman	19:06.60			
34.	Jenny Gallagher, Elon	19:07.03			
35.	Ansley Bos, Samford	19:08.81			
36.	Aleshia Reese, Western Carolina	19:10.24			
37.	Kacie Schoen, Furman	19:11.07			
38.	Shelby Cuddeback, Elon	19:11.62			
39.	Catherine Burton, Furman	19:12.50			
40.	Rebecca Greenwall, Chattanooga	19:15.55			
41.	Sarah Paddon, Davidson	19:15.87			
42.	Frances Bernard, Samford	19:18.13			
43.	Michelle Provost, Western Carolina	19:20.79			
44.	Sarah Moser, Appalachian State	19:23.32			
45.	Sherril McFarlane, Georgia Southern	19:24.37			
46.	Danielle McKee, The Citadel	19:29.21			
47.	Samantha Campanaro, Appalachian State	19:32.33			
48.	Marie Demedicis, Samford	19:35.22			
49.	Katlyn Ayers, UNCG	19:37.04			
50.	Hayley Tomlinson, Western Carolina	19:39.85			
51.	Manya Swick, Davidson	19:40.43			
52.	Hayden Bates, Davidson	19:49.54			
53.	Ashlyn Gruber, Davidson	19:52.28			

Runner of the Year: Teghan Henderson, Chattanooga
Freshman of the Year: Allie Buchalski, Furman
Coach of the Year: Robert Gary, Furman

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2012 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Appalachian State	63	7. Samford	152
2. Chattanooga	91	8. Elon	169
3. UNCG	93	9. The Citadel	220
4. Davidson	97	10. College of Charleston	281
5. Furman	129	11. Wofford	303
6. Western Carolina	151		

Men's 8-K Individual Results (Oct. 27, Mt. Pleasant, S.C. - Laurel Hill Plantation)

Place	Name, School	Time	Place	Name, School	Time
1.*	Paul Chelimo, UNCG	23:42.22	51.	Sean Martyn, Elon	26:42.96
2.*^	Paul Katam, UNCG	23:57.50	52.	James Graham, Samford	26:45.26
3.*	Nathan Wanuch, Chattanooga	24:35.64	53.	Adam Sefton, College of Charleston	26:45.66
4.*	Alex Taylor, Appalachian State	24:42.01	54.	Atom Young, The Citadel	26:46.99
5.*	Wilkerson Given, Furman	24:44.21	55.	Bradley Gossett, Furman	26:48.78
6.*	Luis Vargas, Elon	24:53.32	56.	Tyron Alston, UNCG	26:49.64
7.*	Tripp Hurt, Furman	24:55.46	57.	Perry Cabean, Western Carolina	26:50.67
8.#	Demetrios Pagonis, Davidson	24:56.12	58.	Christian Bailey, College of Charleston	26:51.46
9.#	Abraham Kemboi, UNCG	25:09.00	59.	Lukas Sieb, Samford	26:54.10
10.#	Wes Reynolds, Davidson	25:09.49	60.	James Stevenson, Elon	26:54.32
11.#	Sean Soderman, Appalachian State	25:12.35	61.	Henry Falotico, Davidson	26:55.31
12.#	Lucas Cotter, Chattanooga	25:13.75	62.	Brandon Cain, UNCG	27:00.12
13.#	Josey Weaver, Western Carolina	25:16.70	63.	Jack Miller, Furman	27:08.21
14.#	Mike Lilley, Appalachian State	25:21.54	64.	Taylor Day, UNCG	27:14.78
15.	Josh Cox, Appalachian State	25:23.10	65.	Raeven Lantz, The Citadel	27:16.84
16.	Kyle Keene, The Citadel	25:31.55	66.	Alex Michaels, Wofford	27:21.52
17.	Travis Alfaro, Western Carolina	25:33.45	67.	Garrett West, Western Carolina	27:30.52
18.%	Trevor Janssen, Chattanooga	25:33.83	68.	Manning Miller, College of Charleston	27:34.33
19.	Brian Graves, Appalachian State	25:35.31	69.	Ryan Gwaltney, Elon	27:38.64
20.%	Luke Weishaar, Samford	25:35.34	70.	Ranley Gousse, Elon	27:38.87
21.	James Howard-Smith, Appalachian State	25:37.21	71.	Russell Baker, Wofford	27:40.08
22.	Grayam Sailor-Tynes, Davidson	25:37.31	72.	Ramsey White, Samford	27:48.54
23.%	Daniel Samet, Davidson	25:38.42	73.	Miles Keohane, The Citadel	27:49.63
24.#	Brandon Hazouri, Samford	25:40.77	74.	Jamie Bigby, Western Carolina	27:50.29
25.	Nolan Clark, Western Carolina	25:41.00	75.	Wesley Laytham, Davidson	27:51.20
26.	Austin Waldrop, The Citadel	25:44.86	76.	William Ivey, Furman	27:58.62
27.	Ben Perron, Elon	25:47.14	77.	Ryan Johnson, Western Carolina	27:59.13
28.%	Paul Stuart, Chattanooga	25:47.52	78.	Matt Menard, Wofford	28:02.02
29.	Layton Dorsett, Samford	25:49.25	79.	Cameron Mactavish, College of Charleston	28:03.46
30.	John Gilpin, Chattanooga	25:50.50	80.	Reed Payne, Elon	28:07.54
31.	Kyle McFoy, Appalachian State	25:51.19	81.	Daniel Phillips, Wofford	28:11.09
32.	Drew Austell, Chattanooga	25:57.52	82.	Hunter McGahee, Wofford	28:18.48
33.%	Mitchell McLeod, Appalachian State	26:01.68	83.	Alex Boccard, College of Charleston	28:22.94
34.	Chris Garrett, Appalachian State	26:03.38	84.	Michael Cornwell, Western Carolina	28:23.84
35.%	Adam Jones, Samford	26:07.24	85.	Eric Williams, UNCG	28:26.74
36.	Ryan Phillips, Davidson	26:08.03	86.	Justin Whitaker, Wofford	28:33.64
37.	Vincent Weir, Davidson	26:10.41	87.	John Gatewood, The Citadel	28:39.82
38.	Jack Klecker, Furman	26:11.80	88.	Jordan Ashley, The Citadel	28:48.53
39.	Tyler Greathouse, Furman	26:15.32	89.	Bo Hutchison, The Citadel	28:50.04
40.	Josh Crawford, UNCG	26:16.17	90.	Matthew Couch, College of Charleston	29:03.99
41.	Ryan Doyle, Wofford	26:19.91	91.	Paul Fleckenstein, The Citadel	29:18.16
42.	Ari Rothschild, Elon	26:22.68			
43.	Chase Fisher, Western Carolina	26:23.86			
44.	Mackenzie Johnston, College of Charleston	26:27.38			
45.	Dylan Belles, UNCG	26:28.72			
46.	Jack Morgan, Furman	26:32.94			
47.	Sal Del Giudice, Davidson	26:35.27			
48.	Steven Crain, Samford	26:37.30			
49.	Adam Bernstein, Elon	26:39.12			
50.	Stuart Graham, Furman	26:42.25			

Runner of the Year: Paul Chelimo, UNCG
Freshman of the Year: Trevor Janssen, Chattanooga
Coach of the Year: Mike Curcio, Appalachian State

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team
^ later vacated all-conference award and runner-up finish

2012 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Appalachian State	64	7. Chattanooga	197
2. Elon	68	8. UNCG	211
3. Samford	97	9. Wofford	212
4. Furman	118	10. College of Charleston	244
5. Davidson	132	11. The Citadel	317
6. Western Carolina	154	12. Georgia Southern	344

Women's 5-K Individual Results

(Oct. 27, Mt. Pleasant, S.C. - Laurel Hill Plantation)

Place	Name, School	Time	Place	Name, School	Time
1.*	Lauren D'Alessio, Samford	16:57.65	54.	Sara Curry, Georgia Southern	19:09.03
2.*%	Rachel Roberts, Samford	17:19.32	55.	Emily Sanders, College of Charleston	19:09.53
3.*	Chelsea Sumney, UNCG	17:27.47	56.	Anna Irvine, Samford	19:13.66
4.*	Mara Smith, Western Carolina	17:35.92	57.	Alissa Williams, Wofford	19:15.02
5.*	Amanda Hamilton, Appalachian State	17:42.55	58.	Katie Kessler, Wofford	19:15.69
6.*	Amanda Sumner, Chattanooga	17:47.79	59.	Kaitlyn Shetler, Western Carolina	19:21.82
7.*	Jocelyn Keen, Western Carolina	17:51.80	60.	Sarah Paddon, Davidson	19:23.69
8.#%	Elyse Bierut, Elon	17:52.82	61.	Lena Elliott, Western Carolina	19:25.66
9.#	Sinead Haughey, Furman	17:55.00	62.	Marella Angello, Wofford	19:26.38
10.#	Tereza Novotna, Elon	17:56.05	63.	Kim Stauffer, Wofford	19:26.69
11.#	Allyson Oram, Elon	17:56.46	64.	Annamarie Armistead, Davidson	19:29.10
12.#	Allison Cook, Appalachian State	18:00.10	65.	McKenzie Woolley, Furman	19:30.99
13.#	Natalie Atabek, Davidson	18:01.52	66.	Erin MacBeth, Elon	19:31.52
14.#	Sarah Williamson, Appalachian State	18:03.72	67.	Emilee Hensel, UNCG	19:31.81
15.	Justine Stocks, Appalachian State	18:05.43	68.	Keeley Stewart, Chattanooga	19:36.59
16.	Haylee Dawe, Elon	18:08.31	69.	Katlyn Ayers, UNCG	19:37.52
17.	Presley Parkes, Davidson	18:09.68	70.	Kaylan Lance, Western Carolina	19:40.41
18.	Kaitlyn Cagle, Appalachian State	18:09.80	71.	Micah Wessinger, The Citadel	19:52.47
19.	Kacie Schoen, Furman	18:12.77	72.	Mary Cumbee, Chattanooga	19:57.01
20.	Holly Benson, Samford	18:17.14	73.	Hannah Schilpp, Furman	19:57.73
21.	Aleshia Reese, Western Carolina	18:19.79	74.	Shannon Hall, UNCG	20:02.09
22.%	Teghan Henderson, Chattanooga	18:20.08	75.	Lindsay Mullican, Georgia Southern	20:03.40
23.	Chrissy Pacewicz, Elon	18:20.51	76.	Carly Egan, Wofford	20:05.18
24.	Emily Tryon, Elon	18:21.27	77.	Chelsea Treadway, Samford	20:05.62
25.	Emily Wirzba, Furman	18:21.79	78.	Magaret Grogan, Samford	20:07.19
26.%	Kaitlin Snapp, Elon	18:24.13	79.	Hayley Tomlinson, Western Carolina	20:07.73
27.	Hayley McMahon, College of Charleston	18:25.31	80.	Meredith Hicks, UNCG	20:10.35
28.	Frances Bernard, Samford	18:25.67	81.	Caillian Colquitt, The Citadel	20:15.03
29.	Erin Osment, Davidson	18:26.56	82.	Jacqueline Thompson, The Citadel	20:15.76
30.%	Caroline McCaslin, Elon	18:27.65	83.	Jessica Dewitte, The Citadel	20:24.14
31.	Alyssa Burkert, Wofford	18:28.00	84.	Patricia Rein, College of Charleston	20:25.24
32.	Nicole Klasnic, Wofford	18:28.03	85.	Andrea Kelsey, Wofford	20:35.84
33.	Hannah Robinson, Furman	18:28.38	86.	Jami Joyner, Georgia Southern	20:38.76
34.	Blair Burke, Furman	18:31.03	87.	Kristiana Towns, Georgia Southern	20:46.73
35.	Catherine Burton, Furman	18:33.78	88.	Mackenzie Jensen, Western Carolina	20:52.72
36.%	Dana Cox, Appalachian State	18:34.27	89.	Emily Fields, The Citadel	21:03.35
37.%	Olivia Menden, Davidson	18:34.53	90.	Michelle Provost, Western Carolina	21:09.86
38.	Manya Swick, Davidson	18:35.41	91.	Asea Mayfield, Georgia Southern	21:18.86
39.	Jenna Williamson, Appalachian State	18:36.45	92.	Nicole Ogilbee, The Citadel	21:22.08
40.	Brigid Behrens, Davidson	18:37.58	93.	Helenka Kis, Chattanooga	21:25.35
41.	Danielle McKee, The Citadel	18:42.37	94.	Amanda Ventre, Georgia Southern	22:15.40
42.	Kelly Montague, UNCG	18:43.28	95.	Rosemary Dungan, College of Charleston	22:23.70
43.	Sam Hughes, Wofford	18:43.95	96.	Madison Mayleben, The Citadel	22:58.49
44.	Kathryn Stuart, Chattanooga	18:44.43	97.	Alexandria Langmo, Georgia Southern	23:27.16
45.	Danielle Sams, College of Charleston	18:45.14			
46.	Lydia Saina, UNCG	18:47.29			
47.	Rachel Wooten, Samford	18:47.94			
48.	Emily Zizzi, Furman	18:54.73			
49.	Kornelia Kostka, College of Charleston	18:57.81			
50.	Marie Demedicis, Samford	18:57.84			
51.	Maria Stickley, Appalachian State	18:59.31			
52.	Shelby Williams, Appalachian State	19:02.23			
53.	Mary Dombrowski, Davidson	19:03.26			

Runner of the Year: Lauren D'Alessio, Samford
Freshman of the Year: Rachel Roberts, Samford
Coach of the Year: Mike Curcio, Appalachian State

* denotes all-conference first team
denotes all-conference second team
% denotes all-freshman team

2011 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	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	* later vacated title	

Men's 8-K Individual Results

(Oct. 29, Charleston, S.C. - Trophy Lakes Course)

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

Runner of the Year: Paul Chelimo, UNCG

Freshman of the Year: Paul Katam, UNCG (later vacated award)

Coach of the Year: Linh Nguyen, UNCG (later vacated award)

* denotes all-conference first team

denotes all-conference second team

% denotes all-freshman team

^ later vacated all-conference and all-freshman awards

2011 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	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

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

2010 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	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

(Oct. 30, Boone, N.C. - State Farm Fields)

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

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-freshman team

2010 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	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

(Oct. 30, Boone, N.C. - State Farm Fields)

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

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-freshman team

^ later vacated all-conference award

2009 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Appalachian State	44	7. Western Carolina	158
2. Davidson	82	8. College of Charleston	203
3. UNCG	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 (Oct. 31, Elon, N.C. - Elon University Intramural Fields)

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

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

2009 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Samford	74	7. UNCG	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 (Oct. 31, Elon, N.C. - Elon University Intramural Fields)

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

2008 MEN'S CHAMPIONSHIP

Team Results

Finish	Points	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. UNCG	126	11. Wofford	342
6. Elon	132		

Men's 8-K Individual Results

(Nov. 1, Spartanburg, S.C. - Milliken Park)

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

Finish	Points	Finish	Points
1. Chattanooga	60	7. Western Carolina	158
2. Samford	62	8. UNCG	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

(Nov. 1, Spartanburg, S.C. - Milliken Park)

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

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-freshman team

2007 MEN'S CHAMPIONSHIP

Team Results

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

Men's 8-K Individual Results

(Oct. 27, Cullowhee, N.C.)

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

Finish	Points	Finish	Points
1. Chattanooga	44	7. College of Charleston	171
2. Davidson	53	8. The Citadel	241
3. Furman	83	9. UNCG	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

(Oct. 27, Cullowhee, N.C.)

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

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

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

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

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

Runner of the Year: Phil Mitchell, Appalachian State
Freshman of the Year: Josh Houser, Appalachian State
Coach of the Year: Gene Mullian, Furman

* denotes all-conference team

2006 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Chattanooga	43	7. Western Carolina	241
2. Appalachian State	44	8. The Citadel	247
3. Davidson	53	9. UNCG	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

(Oct. 28, Chattanooga, Tenn.)

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

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

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

Men's 8-K Individual Results

(Oct. 30, Statesboro, Ga.)

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

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

Finish	Points	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. UNCG	163		

Women's 5-K Individual Results

(Oct. 30, Statesboro, Ga.)

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

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

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

Men's 8-K Individual Results

(Oct. 30, Greenville, S.C.)

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

Finish	Points	Finish	Points
1. Chattanooga	29	7. Elon	215
2. Appalachian State	54	8. UNCG	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. ETSU	165	12. Wofford	312

Women's 5-K Individual Results

(Oct. 30, Greenville, S.C.)

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

Finish	Points	Finish	Points
1. Chattanooga	52	7. UNCG	147
2. Appalachian State	59	8. The Citadel	215
3. ETSU	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

(Nov. 1, Davidson, N.C.)

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

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

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

Women's 5-K Individual Results

(Nov. 1, Davidson, N.C.)

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

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

Men's 8-K Individual Results

(Nov. 2, Charleston, S.C. - Dixie Plantation)

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

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

Finish	Points	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. UNCG	142	11. Wofford	338
6. ETSU	182	12. The Citadel	364

Women's 5-K Individual Results

(Nov. 2, Charleston, S.C. - Dixie Plantation)

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

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

Men's 8-K Individual Results

(Oct. 27, Charleston, S.C.)

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

Runner of the Year: Jesse Norman, Western Carolina

Freshman of the Year: Bradley Yewer, ETSU

Coach of the Year: Mike Curcio, Appalachian State

* denotes all-conference team

2001 WOMEN'S CHAMPIONSHIP

Team Results

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

Women's 5-K Individual Results

(Oct. 27, Charleston, S.C.)

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

Runner of the Year: Gina Recher, Chattanooga
Freshman of the Year: Shannon Wommack, Chattanooga
Coach of the Year: Bill Gautuier, Chattanooga

* denotes all-conference team

2000 MEN'S CHAMPIONSHIP

Team Results

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

Men's 8-K Individual Results

(Oct. 28, Boone, N.C.)

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

* denotes all-conference team

2000 WOMEN'S CHAMPIONSHIP

Team Results

Finish	Points	Finish	Points
1. Furman	47	7. Davidson	167
2. Appalachian State	53	8. ETSU	211
3. Chattanooga	72	9. VMI	227
4. UNCG	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

(Oct. 28, Boone, N.C.)

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

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

Finish	Points	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. ETSU	117	10. The Citadel	199
5. VMI	156	11. Wofford	303
6. UNCG	157		

Men's 8-K Individual Results

(Oct. 30, Lexington, Va.)

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

Finish	Points	Finish	Points
1. ETSU	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. UNCG	199	12. Georgia Southern	332

Women's 5-K Individual Results

(Oct. 28, Lexington, Va.)

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

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

Men's 8-K Individual Results

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

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

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

Finish	Points	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. UNCG	163	ETSU	Did Not Score

Women's 5-K Individual Results

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

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

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

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

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

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

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

Women's 5-K Individual Results

(Nov. 1, Statesboro, Ga. - Mill Creek Regional Park)

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

Runner of the Year: Catherine Berry, ETSU
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

Finish	Points	Finish	Points
1. ETSU	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

(Nov. 2, Cullowhee, N.C.)

Place	Name	Time	Place	Name	Time
1.*	Nic Crider, Chattanooga	25:48	46.	Fred Reinhardt, ETSU	27:48
2.*	Bill Baldwin, Western Carolina	25:50	47.	Philip Reece, Appalachian State	27:49
3.*	DeClan Fahy, ETSU	25:52	48.	Ray Wallen, Western Carolina	27:49
4.*	Anthony Famiglietti, Appalachian State	25:59	49.	Stephen Kimes, Marshall	27:50
5.*	John Fenton, ETSU	26:09	50.	Daniel Hughes, Furman	27:52
6.*	Stephen Thacker, Appalachian State	26:14	51.	Eric Adams, VMI	27:55
7.*	Will Dickerson, Appalachian State	26:18	52.	Shawn Bartram, Marshall	27:57
8.*	Turner Norris, Western Carolina	26:19	53.	Kevin Croft, Chattanooga	28:01
9.*	Brian Clark, Western Carolina	26:20	54.	Brandon Griffin, Furman	28:01
10.*	Jud Sarver, Appalachian State	26:23	55.	William Isenhour, 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, Western Carolina	28:14
15.	Mike Leinweber, Chattanooga	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, Western Carolina	28:28
18.	Shon Grice, Chattanooga	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, Chattanooga	26:49	66.	Brian Reinhardt, Furman	28:50
22.	Andy Ramos, Western Carolina	26:53	67.	Brian Roeder, VMI	28:53
23.	Peter Brown, Furman	26:55	68.	Eric Bourklan, Appalachian State	28:56
24.	Ben Redman, Marshall	26:58	69.	James Keith, Citadel	28:58
25.	Mark Johnson, ETSU	26:58	70.	John Norton, Georgia Southern	29:00
26.	Peter Bramer, Chattanooga	27:05	71.	Shadrack Hendricks, Citadel	29:20
27.	Patrick Dillon, Furman	27:08	72.	Mike Maleski, Georgia Southern	29:21
28.	Michael Murphy, Marshall	27:10	73.	Victor Talbird, Davidson	29:26
29.	Derek Poore, VMI	27:10	74.	Mason McNeil, Georgia Southern	29:30
30.	Shane Austin, Appalachian State	27:11	75.	Chris Sandover, Georgia Southern	29:40
31.	Jeremiah, Buechner, Western Carolina	27:19	76.	Jesse Wiseman, Citadel	29:49
32.	Andrew Lilly, Citadel	27:20	77.	Nicholas Trelawney, Citadel	29:50
33.	Kyle McLean, Chattanooga	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, Appalachian State	27:29	82.	Omar Bautista, Citadel	30:26
38.	Wade Council, Georgia Southern	27:30	83.	Pat Burchett, Davidson	30:30
39.	Mitchell Jones, ETSU	27:31	84.	Brad Deal, Georgia Southern	30:31
40.	Mike Dumas, Georgia Southern	27:32			
41.	Jeff Howard, Western Carolina	27:33			
42.	Tim Himes, Appalachian State	27:33			
43.	Chuck Jones, Georgia Southern	27:36			
44.	Josh Cookson, Davidson	27:42			
45.	Dan Bailey, Marshall	27:47			

Runner of the Year: Nic Crider, Chattanooga
Freshman of the Year: Anthony Famiglietti, Appalachian State
Coach of the Year: Dave Walker, ETSU

* denotes all-conference team

1996 WOMEN'S CHAMPIONSHIP

Team Results

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

Women's 5-K Individual Results

(Nov. 2, Cullowhee, N.C.)

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

Finish	Points	Finish	Points
1. ETSU	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 (Oct. 29, Greenville, S.C. - Furman University Golf Course)

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

Runner of the Year: Derek Murphy, ETSU

Freshman of the Year: Derek Murphy, ETSU

Coach of the Year: Dave Walker, ETSU

* denotes all-conference team

1995 WOMEN'S CHAMPIONSHIP

Team Results

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

Women's 5-K Individual Results (Oct. 29, Greenville, S.C. - Furman University Golf Course)

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

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. ETSU	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

(Oct. 29, Chattanooga, Tenn.)

Place	Name	Time	Place	Name	Time
1.*	Tommy Holland, Appalachian State	24:37	42.	Keith Gunder, Western Carolina	26:54
2.*	Declan Fahy, ETSU	24:49	43.	Mak Kingan, Appalachian State	26:55
3.*	Brian Miesch, Appalachian State	24:56	44.	Brandon Griffin, Furman	27:01
4.*	Seth Peoples, Appalachian State	24:56	45.	Dejon Drinks, Georgia Southern	27:06
5.*	John Crumbliss, Appalachian State	24:58	46.	Christopher Gibson, ETSU	27:08
6.*	Donnie Reuss, Western Carolina	25:12	47.	Jamie Cawood, The Citadel	27:16
7.*	John Fenton, ETSU	25:16	48.	Matthew Storie, Furman	27:19
8.*	Mark Gladwell, Marshall	25:17	49.	Erik McMichael, Davidson	27:20
9.*	Bob Butcher, The Citadel	25:23	50.	Dave Foss, Davidson	27:20
10.*	Alan Whicker, Appalachian State	25:25	51.	Wade Council, Georgia Southern	27:21
11.	Cronan Gantley, ETSU	25:35	52.	Noel Dehaven, Marshall	27:26
12.	Turner Norris, Western Carolina	25:36	53.	Dave Millings, Davidson	27:26
13.	Judson Sarver, Appalachian State	25:38	54.	Stephen Moss, Western Carolina	27:29
14.	Fred Reinhardt, ETSU	25:48	55.	Matt Harber, Chattanooga	27:31
15.	Brian DeRose, Marshall	26:01	56.	Will Martin, VMI	27:31
16.	Collin Webster, Western Carolina	26:01	57.	Jon Austin, Appalachian State	27:32
17.	Mike Leinweber, Chattanooga	26:10	58.	Kevin Steiner, Furman	27:34
18.	Jamie Griggs, Appalachian State	26:12	59.	Chris Coats, VMI	27:41
19.	Bill McElroy, Furman	26:14	60.	Jed Wiseman, The Citadel	27:49
20.	Josh Cookson, Davidson	26:18	61.	Chuck Margraves, Chattanooga	27:54
21.	Steve Johnson, VMI	26:19	62.	Ben Redman, Marshall	28:03
22.	Damian Walsh, Chattanooga	26:21	63.	Jason Henley, Marshall	28:06
23.	Jack Murphy, Western Carolina	26:23	64.	Andrew Lilly, The Citadel	28:07
24.	Phil Hargrove, Furman	26:26	65.	Danny Incantalupo, Chattanooga	28:24
25.	Josh Hahnen, VMI	26:27	66.	Tripp Franklin, Davidson	28:30
26.	Michael Murphy, Marshall	26:28	67.	Mike Dumas, Georgia Southern	28:35
27.	Robert Leone, ETSU	26:29	68.	Chris Herring, The Citadel	28:35
28.	David Smith, Chattanooga	26:34	69.	Brian Roeder, VMI	28:43
29.	Rodney Stoker, Georgia Southern	26:35	70.	Robert Youngren, VMI	28:45
30.	Travis Dowdy, The Citadel	26:36	71.	Chuck Jones, Georgia Southern	28:48
31.	John Perkins, Marshall	26:36	72.	Tim O'Keefe, Davidson	29:19
32.	Jon Gonzales, VMI	26:37	73.	Mike Koester, Western Carolina	29:45
33.	Rob Wilson, Furman	26:38	74.	David Stoker, Georgia Southern	29:47
34.	Derek Poore, VMI	26:40	75.	Ken Kiser, Davidson	32:04
35.	Kevin Croft, Chattanooga	26:43			
36.	Scott Liebman, Marshall	26:44			
37.	Maxwell Johnston, ETSU	26:44			
38.	Brian Delcotto, Marshall	26:45			
39.	Chris Harig, Furman	26:50			
40.	David Chambless, Western Carolina	26:53			
41.	Byron Buckley, Furman	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. ETSU	71	7. Marshall	181
4. Appalachian State	75	8. Georgia Southern	246

Women's 5-K Individual Results

(Oct. 29, Chattanooga, Tenn.)

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

Runner of the Year: Heather VandeBrake, Furman
Freshman of the Year: Mary Jane Middlekoop, Chattanooga
Coach of the Year: Gene Mullin, Furman

* denotes all-conference team