

Appalachian

MEN'S CROSS COUNTRY

2003 Results

Sept. 5th Covered Bridge Open , Boone, NC, 8000m, 48 runners, 3 teams, Record 2-0

(1)Mark Maddox FR 25:46 (3) Carson Blackwelder JR 26:07, (4) Joe Halin JR 26:10, (5) Nathan Hernandez-Adams SO 26:20, (6) Brendon Helms FR 26:31, (8) Matt Stuart SR 26:42, (10) Ryan Toler JR 26:44, (11) Jason Dalrymple FR 26:45, (13) Mike Mitchell FR 26:55 , (14) Garrett Davis SO 26:57, (20) Mike Oelz FR 27:25, (21) Mat Cote SR 27:30,(27)Shawn Holland JR 27:45, (28)Daniel Eggers SO 27:51,(34) Ethan Dodson SO 28:23, (38) Mike Brin JR 28:56

Team Scores: 1) Appalachian -19, 2) Duke (B) - 41 , 3) Lees-McRae- 83

Sept. 20th Winthrop Invitational, Rock Hill, SC , 8000m 90 runners, 7 teams, Record 7-1

(2) Carson Blackwelder JR 25:33, (6) Joe Halin JR 25:47, (8) Mark Maddox FR 26:05, (11) Nathan Hernandez-Adams SO 26:15, (12) Brian Deal FR 26:31, (15) Brendon Helms FR 26:37, (18) Mike Mitchell FR 26:49,(21) Mat Cote SR 26:56, (23) Jason Dalrymple FR 26:58, (25)Brad Corpening FR 27:03, (27) Matt Stuart SR 27:07, (30)Garret Davis SO 27:14, (37) Daniel Eggers So 27:42, (42) Mike Oelz FR 28:18,

Team Scores: 1)High Point-31, 2) Appalachian-39, 3)Furman-71, 4)Winthrop-127 5)Gardner Webb-141, 6) Charleston Southern-174, 7) Wofford-183

Oct. 3rd Blue Ridge Open, Boone, NC, 8000m, 78 runners, 8 teams, Record 14-1

(4) Joe Halin JR 25:21, (5) Carson Blackwelder JR 25:22, (9) Mark Maddox FR 25:44 (10) Nathan Hernandez-Adams SO 25:48, (17) Matt Stuart SR 26:01, (18) Brendon Helms FR 26:02, (23) Brian Deal FR 26:23, (26) Mike Mitchell FR 26:29, (29) Garrett Davis SO 26:39, (31) Jason Dalrymple FR 26:40, (33) Matt Cote SR 26:47, (38) Daniel Eggers So 27:08 (40) Mike Oelz FR 27:01, (49) Ethan Dodson SO 27:48, (50)Mike Brin JR 27:49 (51) Shawn Holland JR 28:03

Team Scores: 1) Appalachian - 35, 2) ASU Alumni - 74, 3) UNC Chapel Hill - 100, 4) VA Tech - 112 5) UNC-G - 141, 6) Elon - 181, 7) Lenoir Rhyne - 194, 8) Milligan - 202

Oct. 18th Clemson Invitational , Clemson , SC 8000m, 79 runners, 8 teams, Record 19-3

(11) Carson Blackwelder JR 25:22, (16) Nathan Hernandez-Adams SO 25:49, (20) Joe Halin JR 25:56, (24) Brendon Helms FR 26:06, (25) Matt Stuart SR 26:07, (29) Mike Mitchell FR 26:10, (30)Mark Maddox FR 26:14 (36) Ryan Toler JR 26:31 (37) Brian Deal FR 26:40, (41) Mike Oelz FR 26:47 (46) Daniel Eggers SO 27:00 (49) Jason Dalrymple FR 27:19 (50) Garrett Davis SO 27:19 , (59) Ethan Dodson SO 27:56 (63) Mike Brin JR 28:37

Team Scores: 1)Clemson 20 2)Western Carolina 59 3)Appalachian 66 4)Georgia Tech 75 5)Georgia "B" 120 6) Lees McRae 136 7)Charleston Southern 155 8)SC State University 189

Nov. 1st Southern Conference Championships, Davidson, NC , 8000m, 84 Runners, 11 teams Rec: 29-4

8)Carson Blackwelder JR 26:15, 9)Joe Halin JR 26:16, 13) Nathan Hernandez-Adams SO 26:54, 14) Brendon Helms FR 27:00, 15)Mark Maddox FR 27:02, 19)Matt Stuart SR 27:06, 22)Mike Mitchell FR 27:12, 24)Ryan Toler JR 27:21, 41)Brian Deal FR 28:09

Team Scores: 1) UT Chattanooga 5 2) Appalachian 57 3) ETSU 98 4)Furman 103 5) Western Carolina 119 6) Davidson 141 7)UNC-Greensboro 147 8)Citadel 215 9)Charleston 223 10Elon 253 11Wofford337

Nov. 15th NCAA Southeast Regional Championships, Greenville, NC .10,000m 181 Runners, 23 Teams

36) Carson Blackwelder JR 31:22 38) Joe Halin JR 31:24 63) Nathan Hernandez-Adams So 32:06 77) Matt Stuart SR 32:33 82) Brendon Helms FR 32:42 98) Mike Mitchell FR 33:01 105) Mark Maddox FR 33:16

Team Scores: 1)NC State 38, 2)Kentucky 85, 3)William and Mary 94, 4)Virginia 95, 5)Clemson 142, 6)James Madison 198, 7)Duke 219, 8)Wake Forest 221 9)UNC Chapel Hill 222, 10)Appalachian 296 11)Richmond 303, 12)High Point 320 13)Coastal Carolina 354 14)Louisville 369 15)Va Tech 456 16)Western Kentucky 466 17) Liberty 495 18)Davidson 517 19)UNC Asheville 518 20)East Carolina 534 21)Morehead State 556 22)Gardner Webb 638 23) College of Charleston 703

Overall Record 52-13