

Appalachian

MEN'S CROSS COUNTRY

2005 Results

Sept 2nd Covered Bridge Open, Boone, N.C. , 8000m , 9 teams, 93 runners, Team Record: 8-1

(3) Adam VanNortwick SR 25:53, (6) Mark Maddox JR 26:01, (7) Nathan Hernandez -Adams JR 26:08, (9) Brian Deal JR 26:27, (10) Brendon Helms JR 26:30, (14) Ryan O'Keefe FR 26:51, (15) Mike Mitchell JR 26:52, (20) Alex McWalters FR 27:04, (21) Matt Hudson SR 27:12 , (24) Blair Teal SO 27:20 , (36) Paul Stoltzfus SO 28:14, (60) Matt Gould FR 29:53

Team Scores: 1) Florida State 29 2) **Appalachian 33** 3) Coastal Carolina 82 4) VMI 85 5) North Florida 136 6) Lenoir Rhyne 177 7) King 211 8) Lees-Mcrae 214, 9) Guilford 281

Sept 16th Appalachian Open, Boone, N.C. 4 miles, 3 teams, no team scoring , 26 runners, Team Record 8-1

(2) Brendon Helms JR 21:11, (3) Ryan O'Keefe FR 21:11, (4) Brian Deal JR 21:11 , (5) Mark Maddox JR 21:12, (6) Nathan Hernandez -Adams JR 21: 12 (7) Mike Mitchell JR 21:12, (8) Adam Van Nortwick SR 21:13 (10) Mat Hudson SR 21:20, (11) Blair Teal SO 21:27 (12) Paul Stoltzfus SO 21:20

Oct 1st 32nd Annual Paul Short Run , Bethlehem , Pa., 8000m ,45 Teams, 300 Runners ,Team Record 40-11

(21)Adam VanNortwick Sr 24:21, (57) Mark Maddox JR 24:51, (59) Nathan Hernandez-Adams JR 24:53 , (86) Brendon Helms JR 25:10, (92) Brian Deal JR 25:14, (102) Ryan O'Keefe FR 25:17 (110) Mike Mitchell JR 25:20 , Paul Stoltzfus SO 26:03, Alex McWalters FR 26:18, Matt Hudson SR 26:24, Blair Teal SO 26:25

Team Scores: 1) Georgetown 123, 2)LaSalle 154, 3)Princeton 170, 4)Auburn 219, 5)Columbia 235, 6)Army 268, 7)Duquesne 285, 8) Penn 290, 9)Penn State 293, 10) Lehigh and Villanova 298 12)Appalachian 315, 13) Haverford 344, 14)Wayne State 349 15)Charlotte 414, 16)Virginia Intermont 457, 17)St. Joesephs 515, 18)Shippensburg 554, 19)St. Francis 663, 20)NYU 567, 21)VMI 593, 22)LockHaven 612, 23) Buffalo 624 , 24)UC San Diego 664, 25) Bucknell 676 26)Delaware 725 27)Pittsburgh 749

Oct 14th Blue Ridge Open , Boone, N.C. , 8000m, 12 Teams , 112 Runners , Team Record: 50-12

(12) Adam Van Nortwick SR 25:29, (18) Mark Maddox JR 25:42, (23) Mike Mitchell JR 25:59, (26) Ryan O'Keefe FR 26:09, (30) Brendon Helms JR 26:27 , (31) Matt Hudson SR 26:29, (41) Brian Deal JR 26:53, (45) Paul Stoltzfus SO 27:00, (48) Alex McWalters FR 27:07, (59) Blair Teal SO 27:23

Team Scores: 1) Texas 15, 2) Appalachian 86 3) UNC Chapel Hill 90, 4) High Point 125, 5) Mars Hill 132 6) Davidson 179, 7) Western

Carolina 208, 8)Elon 214 , 9) Gardner Webb 242, 10) UNC Greensboro 247, 11) UNC Wilmington 291, 12) King 352

Oct 30th Southern Conference Championships, Statesboro, Ga., 8000m, 10teams 75 runners, Team Record 59-12

(2) Adam VanNortwick SR 24:45, (6)Nathan Hernandez-Adams JR 25:23, (7)Brian Deal JR 25:27 , (9) Brendon Helms JR 25:33, (10) Mike Mitchell JR 25:34, (11) Mark Maddox JR 25:37 , (14) Ryan O'Keefe FR 25:50, (15) Matt Hudson Sr 25:54, (20) Paul Stoltzfus SO 26:03

Team Scores: 1) Appalachian 34 2) UT Chattanooga 67 3) Furman 84 4) Davidson 106 5) UNC Greensboro 151 6)Western Carolina 154 7) Elon 164 8) College of Charleston 175 9) Citadel 234 10) Wofford 313

Overall Record: 59-12