

# Appalachian

## Men's Cross Country 2006 Results

### Sept 1st Covered Bridge Open, Boone, N.C., 8,000m, 9 Teams, 82 runners, Team Record 7- 1

(3) Phil Mitchell-FR 26:14, (15) Ryan O'Keefe- SO 26:45, (16) Josh Houser-FR 26:51, (17) Brendon Helms- JR 26:52, (19) Nathan Hernandez-Adams- SR 27:01, (21) Alec Meyer-FR 27:08, (23) Blair Teal- JR 27:12, (30) Todd Wilde- FR 27:35, (36) Bud Galloway- FR 27:58, (38) Asmeron Desta- SO 28:04, (42) Chase Condon-FR 28:31

**Scores:** 1) Coastal Carolina, **2) Appalachian State-57**, 3) Florida State-68, 4) Winthrop-121, 5) West Florida- 134, 6) Lenoir-Rhyne-182, 7) Gardner-Webb-186, 8) Lees-McRae- 187, 9) UVA-Wise-278

### Sept 15th Western Carolina Open, Cullowhee, N.C., 6,400m, 7 teams, 64 runners, Team Record 13-1

(1) Phil Mitchell-FR 19:34, (5) Ryan O'Keefe-SO 19:53, (6) Nathan Hernandez-Adams-SR 19:54, (7) Brendon Helms-JR 19:57, (11) Alec Meyer-FR 20:02, (14) Josh Houser-FR 20:11, (15) Blair Teal-JR 20:15, (23) Asmeron Desta- SO 20:46, (32) Todd Wilde- FR 21:41, (36) Chase Condon-FR 22:00, (40) Bud Galloway- FR 22:05

**Scores:** **1) Appalachian State-30**, 2) Georgia-34, 3) East Tennessee State University-93, 4) Gardner-Webb-113, 5) UNC-Asheville- 134, 6) Milligan-151, 7) Western Carolina University-162,

### Sept 30th Paul Short Run, Bethlehem, Pa., 8,000m, 39 teams, 278 runners, Team Record 40-15

(18) Phil Mitchell-FR 24:51, (61) Ryan O'Keefe-SO 25:23, (63) Brendon Helms-JR 25:23, (142) Josh Houser-FR 26:14, (146) Alec Meyer-FR 26:15, (177) Blair Teal-JR 26:38, OPEN RACE FINISHERS: Asmeron Desta-SO 25:54, Mike Mitchell-SR 26:12, Bud Galloway-FR 26:48, Todd Wilde- FR 27:35

**Scores:** 1) Villanova-103, 2) Pittsburgh-166, 3) Columbia-188, 4) SUNY Cortland-247, 5) VIC- 256, 6) Penn- 257, 7) Coastal Carolina-294, 8) Princeton- 310, 9) Bucknell-323, 10) Wayne State-335, 11) Duquesne-413, 12) High Point-354, 13) Lehigh-364, 14) James Madison-411,

**15) Appalachian State-430**, 16) Queens U. - 433, 17) Haverford-435, 18) Yale- 470, 19) Marist-478, 20) Norkfolk State-500, 21) TCNJ-588, 22) LockHaven- 597, 23) VCU- 635, 24) Davidson-679, 25) Shippensburg-689, 26) Buffalo-710, 27) Mt. St. Marys-739, 28) Monmouth-759, 29) Lafayette- 770, 30) UMBC- 803, 31) Radford-856, 32) VMI- 873, 33) Binghamton-891, 34) Rhode Island-920, 35) Elizabethtown-939, 36) Rider- 1034, 37) Temple-1046, 38) Delaware-1131. 39) Longwood-1135

### Oct. 13th Don Kennedy Trails/Blue Ridge Open, Boone, N.C., 8,000m, 14 Teams, 140 Runners, Team Record 52-16

(9) Phil Mitchell-FR 25:22, (12) Brendon Helms-JR 25:32, (16) Ryan O'Keefe- SO 25:38, (26) Asmeron Desta- SO 26:08, (28) Josh Houser- FR 26:12, (36) Blair Teal- JR 26:27, (51) Alec Meyer- FR 26: 49, (54) Bud Galloway-FR 26:59, (74) Todd Wilde- FR 27:38, (75) Chase Condon-FR 27:43, (105) Josh Wheeler-FR 28:45

**Scores:** 1) High Point-50, **2) Appalachian State-59**, 3) Vanderbilt-106, 4) UNC Wilmington-136, 5) ETSU- 142, 6) Radford-156, 7) Mars Hill-188 8) Elon-214, 9) ASU Track Club-216, 10) UNC Greensboro-233, 11) Western Carolina-245, 12) Lenoir-Rhyne-246, 13) Milligan-367, 14) King- 385

### Oct. 28th Southern Conference Championships, Chattanooga, Tenn., 8,000m, 10 teams, 79 runners, Team Record 61-16

(1) \$ Phil Mitchell-FR 25:17, (9) # Ryan O'Keefe- SO 25:41, (10) # Nathan Hernandez-Adams-SR 25:44, (13) Brendon Helms-JR 25:56, (18) & Josh Houser-FR 26:06, (19) Blair Teal- JR 26:07, (22) Asmeron Desta-SO 26:14, (23) Alec Meyer-FR 26:15, (46) Mike Mitchell-SR 27:33,

**Scores:** **1) Appalachian State-51**, 2) Furman-70, 3) UNC Greensboro-94, 4) Davidson-104, 5) UTC-121, 6) Citadel-164, 7) Elon-174, 8) Charleston-175, 9) Western Carolina-207, 10) Wofford-289

**\$= SoCon Runner of the Year, #= All Southern Conference, & = Freshman of the Year**

### Nov. 11th NCAA Southeast Regional Championships, Louisville, Ky., 10,000m, 32 teams, 222 runners, 79-29

(40) Phil Mitchell-FR 32:00, (61) Ryan O'Keefe-SO 32:33, (103) Josh Houser-FR 33:06, (106) Asmeron Desta-SO 33:12, (107) Brendon Helms-JR 33:14, (125) Blair Teal- JR 33:30, (133) Alec Meyer-FR 33:42

**Scores:** 1) N.C. State- 64, 2) William and Mary-70, 3) Louisville- 80, 4) Virginia-131, 5) Clemson-201, 6) VA Tech-235, 7) Liberty-237,

8) Eastern Kentucky- 257, 9) Duke-309, 10) Wake Forest-335, 11) UNC Chapel Hill- 342, 12) James Madison-346, 13) UNC Charlotte-363,

**14) Appalachian State-417**, 15) George Mason-428, 16) Kentucky-459, 17) HighPoint-468, 18) Coastal Carolina-474, 19) Richmond- 512 20) UNC Greensboro- 519, 21) Norkfolk State- 545, 22) Furman-548, 23) VCU- 574, 24) Davidson-614, 25) Radford- 634 ,26) Gardner-Webb-665, 27) UNC-Wilmington-681, 28) Western Kentucky-734, 29) Morehead State-759, 30) College of Charleston-838, 31) Elon-889, 32) Wofford-975