

Appalachian

Men's Cross Country 2007 Results

August 31 Covered Bridge Open, Boone, N.C., 8000m, 11 teams, 117 runners, Team Record: 8-1

(7) Mark Maddox-SR 25:43, (8) Brian Deal- SR 25:29, (16) Asmeron Desta-JR 26:05, (20) Josh Houser-SO 26:08, (22) Ryan O'Keefe-JR 26:22, (24) Sam Mordecai-FR 26:27, (27) Alec Meyer-SO 26:32, (32) Blair Teal-SR 26:38, (58) Andrew Yarchin-FR 27:44, (63) Todd Wilde-SO 27:56, (64) Phil Mitchell-SO 28:02, (71) Mike Walker-SO 28:30, (80) Thomas Peterson-SR 29:16

Scores: 1) Florida State-25, 2) **Appalachian State-68**, 3) Georgia-92, 4) Tennessee-107, 5) Winthrop-120, 6) Coastal Carolina-139, 7) Lenoir Rhyne- 225, 8) West Florida-236, 9) Wingate-278, 10) Presbyterian-296.

September 14 Mountaineer Open, Boone, N.C., 4 miles, 3 teams, 38 runners, Team Record: 10-1

(1) Mark Maddox-SR 20:17, (6) Josh Houser-SO 20:31, (7) Ryan O'Keefe-JR 20:33, (8) Phil Mitchell-SO 20:34, (10) Brian Deal-SR 20:46, (12) Blair Teal-SR 20:51, (14) Alec Meyer-SO 20:57, (15) Asmeron Desta-JR 20:58, (18) Sam Mordecai-FR 21:06, (21) Bud Galloway-SO 21:35, (24) Mike Walker-FR 21:53, (29) Todd Wilde-SO 22:08, (30) Andrew Yarchin-FR 22:12

Scores: 1) **Appalachian State-32**, 2) North Carolina-33, 3) Milligan-72

September 21 Lenoir-Rhyne Invitational, Newton, N.C., 8000m, 7 teams, 50 runners, Team Record: 10-2

(7) Todd Wilde-SO 27:14, (10) Mike Walker-FR 27:56, (13) Andrew Yarchin-FR 28:34, (14) Nicholas O'Keefe- FR 28:56, (15) Paul Stolfus-SR,29:21

Scores: 1) Virginia Tech- 15, 2) **Appalachian State "B" team- 49**

September 28 The Paul Short Run, Bethlehem, Pa., 8000m, 41 teams, 268 runners, Team Record: 45-7

(26) Asmeron Desta-JR 24:49, (28) Phil Mitchell- SO 24:50, (35) Brian Deal- SR 24:54, (49) Josh Houser-SO 25:16, (79) Ryan O'Keefe- JR 25:41, (101) Mark Maddox-SR 25:53, (106) Blair Teal-SR 25:55

Scores: 1) Villanova- 50, 2) Syracuse-84, 3) Princeton- 92, 4) University of Pennsylvania-187, 5) LaSalle- 188, 6) **Appalachian State- 217**, 7) Duquesne- 241, 8) Iona- 245, 9) Suny Cortland-294, 10) Haverford- 301, 11) Massachusetts-348, 12) Harvard-366, 13) Texas Tech- 374, 14) Allegheny-411, 15) Bucknell-418, 16) Pittsburgh-485, 17) Stony Brook-546, 18) College of New Jersey-563, 19) Carnegie Mellon- 599, 20) Buffalo-604, 21) LeHigh-618, 22) Winthrop-634, 23) Loyola- 637, 24) Binghamton-643, 25) Central Florida-670, 26) University of Delaware- 683, 27) Trinity- 726, 28) Hofstra-754, 29) Coastal Carolina-762, 30) Radford-804, 31) VMI- 81, 32) Elon-827, 33) UMBC- 829, 34) Temple- 832, 35) Lock Haven-848, 36) Monmouth-890, 37) Mt. Saint Mary-906, 38) Rider-928, 39) Rhode Island-1096, 40) Univ. of Ottawa-1118, 41) Lafayette- 1199

October 5 Gardner- Webb Invitational, Boiling, Springs, N.C., 6000m, 4 teams, 24 runners, Team Record:

(4) Todd Wilde- SO 20:59, (5) Nick O'Keefe- FR 21:09, (6) Mike Walker- FR 21:24, (8) Andrew Yarchin- SO 21:50

Scores: NTS

October 12 The Blue Ridge Open, Boone, N.C., 8000m, 20 teams, 218 runners, Team Record: 62-9

(12) Phil Mitchell- SO 24:56, (15) Brian Deal- SR 25:04, (26) Asmeron Desta- JR 25:19, (28) Ryan O'Keefe- JR 25:20, (30) Alec Meyer- SO 25:25, (33) Mark Maddox- SR 25: 29, (37) Blair Teal- SR 25:40, (42) Josh Houser- SO 25:46, (47) Sam Mordecai0 FR 25:55, (74) Bud Galloway- SO 26:29, (93) Thomas Peterson- GR 26:51, (115) Todd Wilde- SO 27:15, (130) Mike Walker- FR 27:35, (131) Nick O'Keefe- SO 27:35, (158) AndrewYarchin- SO 28:25

Scores: 1) Texas- 23, 2) Duke- 85, 3) **Appalachian State- 98**, 4) North Carolina- 109, 5) High Point- 166, 6) Campbell- 220, 7) Radford- 256, 8) Mars Hill- 271, 9) Queen's- 285, 10) Western Carolina- 299, 11) UNC Greensboro- 304, 12) Milligan- 313, 13) Lees-McRae- 346, 14) Gardner-Webb- 355, 15) Elon- 364, 16) Lenoir-Rhyne- 388, 17) UNC Wilmington- 450, 18) UNC Asheville- 513, 19) King- 542, 20) Emory and Henry- 618

October 27 Southern Conference Championships, Cullowhee, N.C., 8000m, 10 teams, 84 runners, Team Record:71-9

\$(1) Brian Deal-SR 25:07, #(5) Asmeron Desta- JR 25:20, #(6) Mark Maddox- SR 25:22, #(7) Alec Meyer- SO 25:32, #(8) Ryan O'Keefe- JR 25:37, #(9) Blair Teal- SR 25:45, #(10) Phil Mitchell- SO 25:46, (11) Josh Houser- SO 25:49, (28) Sam Mordecai- FR 26:40

Scores: 1) **Appalachian State- 27**, 2) Chattanooga-56, 3) Furman- 86, 4) Davidson-143, 5) UNC-Greensboro-146, 6) Elon- 152, 7) Western Carolina- 158, 8) The Citadel- 220, 9) College of Charleston- 221, 10) Wofford- 282

\$(= SoCon Runner of the Year #= All- Southern Conference (Head Coach Mike Curico Named SoCon Men's Coach of the Year)

November 10 NCAA Southeast Regional Championships, Louisville, Ky., 10,000m, 29 teams, 202 runners, Team Record: 90-18

(29) Brian Deal- SR 30:59.90, (39) Asmeron Desta- JR 31:14.15, (68) Phil Mitchell-- SO 31:54.75, (70) Ryan O'Keefe- JR 31:55.35, (79) Blair Teal- 32:07.20, (86) Alec Meyer- SO 32:12.90, (117) Mark Maddox-SR- 32:58.70

Scores: 1) North Carolina State- 69, 2) Louisville- 70, 3) William and Mary- 74, 4) Virginia-116, 5) Liberty- 168, 6) Clemson-188, 7) Virginia Tech- 228, 8) Eastern Kentucky-231, 9) Wake Forest-282, 10) **Appalachian State-284**, 11) Duke-290, 12) Kentucky-318, 13) Richmond- 354, 14) North Carolina-382, 15) High Point-412, 16) George Mason- 432, 17) Winthrop-528, 18) Charlotte- 530, 19) VMI- 576, 20) Radford- 602, 21) Furman- 603, 22) Western Kentucky- 634, 23) Western Carolina-652, 24) Gardner-Webb- 673, 25) Davidson- 683, 26) Elon- 715, 27) East Carolina- 724 28) Wofford-873, 29) Murray State-902