

# Appalachian State Men's Cross Country 2009 Results

## **Covered Bridge Open - Boone, N.C. -- Six teams, 67 runners -- Team Record 2-3**

(7) Phil Mitchell -SR 20:02, (18) Richard Burk Staub - FR 20:43, (19) Mike Walker - JR 20:44, (21) Bud Galloway - SR 20:47, (24) James Howard Smith - FR (unattached) 20:56, (24) Mike Lilley - FR 20:58 (26) Will Raby - FR 21:00, (29) Chris Moen - SO 21:11, (33) Alex Taylor - FR 21:12, (37) Ryan Harris - SO (unattached) 21:18, (38) Brian Graves - FR 21:19, (40) Andrew Yarchin - JR (unattached) 21:23, (41) Josh Houser - SR 21:34, (42) Alec Meyer - SR 21:40, (45) Jared Harris - SO (unattached) 21:47, (46) Charles Wofford - (unattached) FR 21:51, (47) Nick Carter - FR (unattached) 21:53 (52) Nick O'Keefe - JR 22:09

**Team Scores:** 1st- Florida State (32), 2nd- Queens (50), 3rd- North Carolina (83), **4th- Appalachian State (89)**, 5th- East Tennessee State (109), 6th- Lenoir Rhyne (172)

## **Mountaineer Open - Boone, N.C. --11 Teams, 126 Runners -- Team Record 10-5**

(3) Phil Mitchell - (SR) 19:59.90, (11) Sean Soderman - SO 20:35.33, (13) Alec Meyer - SR 20:42.72, (19) Bud Galloway - SR 20:53.45, (25) Josh Houser - SR 21:05.22, (26) Brian Graves - FR 21:06.36, (27) Mike Lilley - FR 21:07.79, (28) Alex Taylor - FR 21:09.11, (31) Mike Walker - JR 21:14.46, (32) Chris Moen - SO 21:15.24, (33) Mason Campbell - SO 21:15.91, (36) Will Raby - FR 21:21.20 (46) Ryan Harris - SO (unattached) 21:43.63, (49) James Howard-Smith - FR (unattached) 21:46.73, (50) Nick O'Keefe - JR 21:48.75, (51) Andrew Yarchin - JR (unattached) 21:52.02, (56) Jared Harris - SO (unattached) 22:03.71, (59) Charles Wofford - FR (unattached) 22:06.40, (75) Connor Chesser - FR (unattached) 22:49.98

**Team Scores:** 1st- Ohio State (27), 2nd- Queens (41), **3rd- Appalachian State (68)**, 4th- Clemson (106), 5th- UNC-Wilmington (177), 6th- Lees McRae (177), 7th- King (191), 8th- Milligan (227), 9th- Montreat (267), 10th- Brevard (315), 11th- Emory and Henry (337)

## **Paul Short Run - Bethlehem, Pa. -- 42 Teams, 386 Runners -- Team Record 39-17**

(14) Phil Mitchell - SR 23:56, (54) Sean Soderman - SO 24:38, (94) Alec Meyer - SR 24:54, (157) Brian Graves - FR 25:22, (167) Burk Staub - FR 25:26

**Team Scores:** 1st- Indiana (44), 2nd- Iona (55), 3rd- NC State (87), 4th- US Naval Academy (204), 5th- Guelph (209), 6th- Dartmouth (240), 7th- Cornell (259), 8th- UMass-Amherst (295), 9th- La Salle (299), 10th- St. Joseph's (323), 11th- Binghamton (415), 12th- Cortland (442), **13th- Appalachian State (486)**, 14th- Pennsylvania (500), 15th- United States Military Academy (512), 16th- Marist (534), 17th- Edinboro (535), 18th- Richmond (541), 19th- Bucknell (541), 20th- Alleghany (584), 21st- Duquesne (614), 22nd- Shippensburg (621), 23rd- Temple (654), 24th- Princeton (678), 25th- Delaware (696), 26th- Lock Haven (700), 27th- New Hampshire (703), 28th- Pittsburgh (728), 29th- Virginia Commonwealth (775), 30th- Haverford (779), 31st- Wake Forest (788), 32nd- Lehigh (794), 33rd- Dickinson (814), 34th- Buffalo (819), 35th- St Lawrence (860), 36th- Vermont (868), 37th- Plattsburgh (894), 38th- Coastal Carolina (957), 39th- VMI (1120), 40th- Loyola (1170), 41st- Maryland (1173), 42nd- Villanova (1271)

## **Blue Ridge Open - Boone, N.C. --19 Teams, 154 Runners -- Team Record 55-19**

(10) Sean Soderman - SO 25:28.42, (13) Josh Houser - SR 25:35.71, (24) Burk Staub - FR 25:51.59, (29) Mike Walker - JR 26:00.39, (32) Alec Meyer - SR 26:06.24, (40) Bud Galloway - SR 26:09.69, (47) Chris Moen -SO 26:17.68, (50) Mason Campbell - SO 26:19.20, (58) Will Raby - FR 26:28.14, (60) Brian Graves - FR 26:31.13, (61) Alex Taylor - FR 26:32.38, (72) Brandon Hudgins - GR (unattached) 26:43.78 (110) Andrew Yarchin - JR 27:46.68

**Team Scores:** 1st- High Point (76), 2nd- Davidson (77), **3rd- Appalachian State (83)**, 4th- Coastal Carolina (159), 5th- Wake Forest (166), 6th- VMI (180), 7th- Clemson (206), 8th- Elon (212), 9th- Western Carolina (235), 10th- College of Charleston (286), 11th- UNC-Wilmington (295), 12th- Mars Hill (311), 13th- Morehead State (321), 14th- UNC-Asheville (336), 15th- Lees-McRae (370), 16th- ASU Alumni (402), 17th- Gardner-Webb (506), 18th- UNC-Greensboro (540), 19th- Radford (549)

## **SoCon Championships - Elon, N.C. --11 Teams, 87 Runners -- Team Record 65-19**

(4) Phil Mitchell - SR 25:16.38, (6) Sean Soderman - SO 25:25.99, (7) Alec Meyer - SR 25:29.33, (10) Josh Houser - SR 25:43.29, (17) Bud Galloway - SR 25:59.57, (19) Burk Staub - FR 26:04.83, (23) Brian Graves - FR 26:17.58, (31) Mason Campbell - SO 26:34.31 (45) Michael Walker - JR 27:06.66

**Team Scores:** **1st- Appalachian State (44)**, 2nd- Davidson (82), 3rd- UNC-Greensboro (83), 4th- Chattanooga (109), 5th- Elon (134), 6th- Furman (146), 7th- Western Carolina (158), 8th- College of Charleston (203), 9th- The Citadel (218), 10th- Samford (261), 11th- Wofford (276)

## **NCAA Southeast Regionals - Louisville, Ky. -- 35 Teams, 231 Runners -- Team Record 89-29**

(31) Phil Mitchell - SR 31:23.66. (53) Sean Soderman - SO 32:02.33, (79) Alec Meyer - SR 32:36.43, (89) Josh Houser - SR 32:46.31, (110) Burk Staub - FR 33:04.14, (123) Bud Galloway - SR 33:18.93, (144) Brian Graves - FR 33:44.83

**Team Scores:** 1st- William & Mary (49), 2nd- NC State (99), 3rd- Louisville (121), 4th- Dule (131), 5th- Virginia (133), 6th- North Carolina (204), 7th- Eastern Kentucky (218), 8th- Virginia Tech (238), 9th- Liberty (282), 10th- George Mason (340), **11th- Appalachian State (360)**, 12th- Davidson (362), 13th- Kentucky (449), 14th- Charlotte (472), 15th- Clemson (476), 16th- High Point ( 510), 17th- Wake Forest (513), 18th- Norfolk State (519), 19th- UNC-Greensboro (521), 20th- Elon (533), 21st- Richmond (555), 22nd- Western Kentucky (570), 23rd- Furman (572), 24th- Coastal Carolina (580), 25th- East Carolina (586), 26th- Western Carolina, 27th- VMI (681), 28th- College of Charleston (726), 29th- Wofford College (793), 30th- Morehead State (802), 31st- UNC-Asheville (878), 32nd- Winthrop (919), 33rd- Charleston Southern (958), 34th- Longwood (980), 35th- Murray State (1098)