



# 2016 Men's Cross Country Results

## Covered Bridge Open - 6,400m, 10 Teams {Team Record 7-2; Overall Record 7-2}

**Individual Results** - Michael Ellis, Sr. (5) 20:18.14 ... Chris Anderson, Sr. (6) 20:24.19 ... Evan Georges, So. (7) 20:24.74 ... Jacob Sears, Sr. (16) 20:45.15 ... Andrew Vandenberg, Sr. (20) 20:49.15 ... Ryan Shannon, Jr. (21) 20:49.29 ... Collin Loy, So (24) 20:54.74 ... Evan Laratta, Sr. (36) 21:21.22 ... Cade Zimmerman, Jr. (69) 22:18.80.

**Team Results** - Florida (1) 46 points ... Florida State (2) 52 points ... **Appalachian State (3) 54 points** ... East Tennessee (4) 92 points ... VMI (5) 153 points ... Mars Hill (6) 164 points ... East Carolina (7) 189 points ... West Florida (8) 230 points ... Lees-McRae (9) 257 points ... Southern Wesleyan (10) 330 points.

## Mountains to Sea Duals - 6,400m, 4 Teams {Team Record 3-0; Overall Record 10-2}

**Individual Results** - Chris Anderson, Sr. (1) 20:37.21 ... Evan Georges, So. (4) 20:42.17 ... Ryan Shannon, Jr. (5) 20:43.55 ... Collin Loy, So. (6) 20:48.02 ... Jacob Sears, Sr. (9) 20:59.29 ... Michael Ellis, Sr. (11) 21:06.93 ... Nelson Russ, unattached (12) 21:09.46 ... Evan Laratta, Sr. (13) 21:15.81 ... Michael Flanagan, unattached (14) 21:19.89 ... Lawson Benfield, unattached (20) 21:51.20 ... Ian Foley, unattached (21) 21:52.46 ... Cade Zimmerman, Jr. (30) 22:22.37.

**Team Results** - **Appalachian (1) 25 points** ... Western Carolina (2) 64 points ... Miami (2) 64 points ... UNCW (4) 90 points.

**Dual Meet Results** - **Appalachian (20 points)**, Miami (41 points) ... **Appalachian (19 points)**, UNCW (44 points) ... **Appalachian (16 points)**, Western Carolina (45 points) ... Miami (22 points), UNCW (38 points) ... Western Carolina (26), Miami (31 points) ... Western Carolina (23 points), UNCW (38 points).

**Mountain vs. Sea** - Mountains (83 points), Sea (127 points).

## Panorama Farms Invitational - 8,000m, 14 Teams {Team Record 4-9; Overall Record 14-11}

**Individual Results** - Andrew Vandenberg, Sr. (42) 25:26.90 ... Jacob Sears, Sr. (68) 26:20.00 ... Evan Georges, So. (72) 26:29.30 ... Ryan Shannon, Jr. (73) 26:32.70 ... Michael Ellis, Sr. (75) 26:37.00 ... Colin Loy, So. (79) 26:45.50 ... Evan Laratta, Sr. (81) 26:49.70.

**Team Results** - BYU (1) 39 points ... Syracuse (2) 44 points ... Virginia (3) 82 points ... Campbell (4) 125 points ... Stanford (5) 139 points ... William & Mary (6) 156 points ... Charlotte (7) 194 points ... Bucknell (8) 218 points ... American (9) 281 points ... **Appalachian State (10) 282 points** ... Clemson (11) 288 points ... Coastal Carolina (12) 351 points ... Hofstra (13) 399 points ... Loyola (14) 416 points.

## USC Upstate Invitational - 8,000m, 12 Teams (7 Div. I, 5 Div. II) {No Team Score; Overall Record 14-11}

**Individual Results** - Chris Kelly, Jr. (58) 27:10.62

## HPU VertCross Invitational - 8,000m, 24 Teams {Team Record 19-3-1; Overall Record 33-14-1}

**Individual Results** - Chris Anderson, Sr. (1) 25:01.81 ... Evan Georges, So. (29) 25:50.80 ... Andrew Vandenberg, Sr. (36) 26:02.10 ... Collin Loy, So. (47) 26:10.29 ... Ryan Shannon, Jr. (58) 26:22.17 ... Michael Ellis, Sr. (62) 26:23.93 ... Chris Kelly, Jr. (69) 26:27.71 ... Evan Laratta, Sr. (84) 26:42.44 ... Nelson Russ, Unattached (93) 26:53.40 ... Ian Foley, Unattached (102) 27:02.13 ... Lawson Benfield, Unattached (137) 27:34.40 ... Jacob Sears, Sr. (167) 28:06.49 ... Mike Flanagan, Unattached (168) 28:07.00.

**Team Results** - George Mason (1) 67 points ... Duke (2) 87 points ... East Tennessee State (3) 116 points ... Northern Kentucky (t-4) 140 points ... **Appalachian (t-4) 140 points** ... VMI (6) 141 points ... Marshall (7) 224 points ... Richmond (8) 280 points ... High Points (9) 303 points ... Davidson (10) 334 points ... Radford (11) 352 points ... College of Charleston (12) 368 points ... Wofford (13) 397 points ... Elon (14) 412 points ... UNCA (15) 414 points ... Western Carolina (16) 433 points ... USC Upstate (17) 435 points ... Coastal Carolina (18) 486 points ... Bridgewater (Va.) (19) 494 points ... UNCW (20) 513 points ... Charleston Southern (21) 566 points ... Gardner-Webb (22) 604 points ... Campbell (23) 624 points ... Longwood (24) 666 points.





**SBC Cross Country Championships - 8,000m, 10 Teams {Team Record 6-3; Overall Record 39-17-1}**

**Individual Results - Michael Ellis, Sr. (11) 25:17.20 ... Chris Anderson, Sr. (14) 25:35.60 ... Jacob Sears, Sr. (16) 25:49.30 ... Andrew Vandenberg, Sr. (20) 25:57.40 ... Evan Georges, So. (36) 26:44.40 ... Ryan Shannon, Jr. (42) 27:08.90.**

**Team Results - UT Arlington (1) 45 points ... UL Lafayette (2) 66 points ... Texas State (3) 88 points ... Appalachian State (4) 97 points ... South Alabama (5) 129 points ... Little Rock (6) 157 points ... Arkansas State (7) 179 points\* ... Troy (8) 179 points\* ... UL Monroe (9) 211 points ... Coastal Carolina (10) 226 points.**

\* - Tiebreakers: Arkansas State (3 W-W-W-L-L); Troy (2 L-L-L-W-W)

**3 Stripe Invitational - 5,000m, 3 Teams {No Team Score; Overall Record 39-17-1}**

**Individual Results - Chris Kelly, Jr. (13) 15:44.20 ... Ian Foley, Unattached (19) 16:00.11 ... Lawson Benfield, Unattached (26) 16:15.77 ... Michael Flanagan, Unattached (31) 16:38.84.**

**NCAA Southeast Regional Championships - 10,000m, 29 Teams Team Record 10-18; Overall Record 49-35-1}**

**Individual Results - Michael Ellis, Sr. (51) 30:39.8 ... Chris Anderson, Sr. (67) 31:04.6 points ... Evan Georges, So. (107) 31:49.8 ... Andrew Vandenberg, Sr. (138) 32:28.5 ... Jacob Sears, Sr. (140) 32:31.8 ... Collin Loy, So. (150) 32:42.2 ... Ryan Shannon, Jr. (DNF).**

**Team Results - NC State (1) 90 points ... Virginia (2) 105 points ... Furman (3) 106 points ... Eastern Kentucky (4) 117 points ... Kentucky (5) 150 points ... Virginia Tech (6) 181 points ... Campbell (7) 223 points ... William & Mary (8) 235 points ... Liberty (9) 255 points ... Charlotte (10) 284 points ... Louisville (11) 310 points ... North Carolina (12) 347 points ... George Mason (13) 349 points ... Morehead State (14) 359 points ... Duke (15) 381 points ... Wake Forest (16) 440 points ... Davidson (17) 441 points ... East Carolina (18) 472 points ... Appalachian State (19) 488 points ... VMI (20) 525 points ... Northern Kentucky (21) 531 points ... Radford (22) 542 points ... Clemson (23) 623 points ... Murray State (24) 623 points ... USC Upstate (25) 681 points ... College of Charleston (26) 708 points ... Elon (27) 716 points ... Winthrop (28) 772 points ... UNC-Greensboro (29) 776 points.**

