

2006 St. Andrews Cross Country Season Summary

<u>Date</u>	<u>Race</u>	<u>Men's Results</u>	<u>Women's Results</u>
September 9	Eye Opener (Pre-CVAC)	2nd/22	5th/24
September 16	Wingate Invitational (Pre-Regional)	1st/13	2nd/15
September 30	Hagan Stone XC Classic	2nd/20	2nd/21
October 7	Walt Disney Classic		
October 21	CVAC Championships		
November 4	NCAA Southeast Regional		
November 18	NCAA D-II National Championships		
MEN'S RECORD:		Division II: 34-2 (.944)	CVAC: 14-0 (1.000)
WOMEN'S RECORD:		Division II: 32-5 (.865)	CVAC: 13-2 (.867)
			Southeast Region: 27-1 (.964)
			Southeast Region: 26-5 (.839)

2006 St. Andrews Cross Country Individual Statistics

Men:	Average 8K	Fastest 8K	Fastest 10K
BOURKE, Tim	27:17	27:10	34:42
COOPER, Mitch	27:21	27:16	33:50
HOGAN, Patrick	33:00	32:28	42:23
JANES, Ryan	27:29	27:12	34:21
LLOYD, James	31:21	30:37	40:50
MCKEE, Brad	32:34	31:02	n/a
MORRIS, Perry	29:34	28:57	37:51
TAPIA JR., Pedro	27:13	26:56	33:53
VICK, Adam	30:24	30:24	36:35
Women:	Average 5K	Fastest 5K	Fastest 6K
AMBROSIA, Rachael	21:41	21:18	26:42
CRABB, Lauren	28:01	26:43	34:55
COPP, Jordan	28:25	28:25	37:10
FRANZ, Tessa	21:57	21:38	28:13
GOBEYN, Veronica	20:59	20:33	25:56
HILL, India	29:19	27:36	35:47
MACDONALD, Bonnie	23:54	23:47	29:15
NICHOLSON, Leah	20:47	20:42	25:48
TROVATO, Alyson	20:13	20:03	25:00
WOODARD, Heather	21:42	21:31	26:57

St. Andrews Men's Individuals

Tim Bourke			Mitch Cooper		
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>	<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>
UNC Pembroke (8k)	27:24	7th/172	UNC Pembroke (8k)	27:25	8th/172
Wingate (10k)	34:42	7th/110	Wingate (10k)	33:50	1st/110
Hagan Stone (8k)	27:10	3rd/159	Hagan Stone (8k)	27:16	4th/159
Walt Disney (8k)			Lenoir-Rhyne (8k)		
CVAC Champs (8k)			CVAC Champs (8k)		
NCAA Regionals (10k)			NCAA Regionals (10k)		
NCAA Nationals (10k)			NCAA Nationals (10k)		
Patrick Hogan			Ryan Janes		
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>	<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>
UNC Pembroke (8k)	33:31	141st/172	UNC Pembroke (8k)	27:12	5th/172
Wingate (10k)	42:23	93rd/110	Wingate (10k)	34:21	4th/110
Hagan Stone (8k)	32:28	103rd/159	Hagan Stone (8k)	27:46	12th/159
Walt Disney (8k)			Lenoir-Rhyne (8k)		
CVAC Champs (8k)			CVAC Champs (8k)		
NCAA Regionals (10k)			NCAA Regionals (10k)		
NCAA Nationals (10k)			NCAA Nationals (10k)		
James Lloyd			Brad McKee		
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>	<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>
UNC Pembroke (8k)	32:05	117th/172	UNC Pembroke (8k)	31:02	101st/172
Wingate (10k)	40:50	82nd/110	Wingate (10k)	DNF	n/a
Hagan Stone (8k)	30:37	76th/159	Hagan Stone (8k)	34:06	116th/159
Walt Disney (8k)			Lenoir-Rhyne (8k)		
CVAC Champs (8k)			CVAC Champs (8k)		
NCAA Regionals (10k)			NCAA Regionals (10k)		
NCAA Nationals (10k)			NCAA Nationals (10k)		
Perry Morris			Pedro Tapia Jr.		
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>	<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>
UNC Pembroke (8k)	30:10	81st/172	UNC Pembroke (8k)	26:56	3rd/172
Wingate (10k)	37:51	46th/110	Wingate (10k)	33:53	2nd/110
Hagan Stone (8k)	28:57	42nd/159	Hagan Stone (8k)	27:29	6th/159
Walt Disney (8k)			Lenoir-Rhyne (8k)		
CVAC Champs (8k)			CVAC Champs (8k)		
NCAA Regionals (10k)			NCAA Regionals (10k)		
NCAA Nationals (10k)			NCAA Nationals (10k)		
Adam Vick					
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>			
UNC Pembroke (8k)	30:24	87th/172			
Wingate (10k)	36:35	26th/110			
Hagan Stone (8k)	DNR	DNR			
Walt Disney (8k)					
CVAC Champs (8k)					
NCAA Regionals (10k)					
NCAA Nationals (10k)					

St. Andrews Women's Individuals

Rachael Ambrosia			Lauren Crabb		
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>	<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>
UNC Pembroke (5k)	22:03	61st/181	UNC Pembroke (5k)	29:19	173rd/181
Wingate (6k)	26:42	32nd/112	Wingate (6k)	34:55	100th/112
Hagan Stone (5k)	21:18	32nd/181	Hagan Stone (5k)	26:43	148th/181
Walt Disney (5k)			Lenoir-Rhyne (5k)		
CVAC Champs (5k)			CVAC Champs (5k)		
NCAA Regionals (6k)			NCAA Regionals (6k)		
NCAA Nationals (6k)			NCAA Nationals (6k)		
Jordan Copp			Tessa Franz		
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>	<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>
UNC Pembroke (5k)	DNR	DNR	UNC Pembroke (5k)	22:16	65th/181
Wingate (6k)	37:10	108th/112	Wingate (6k)	28:13	60th/112
Hagan Stone (5k)	28:25	168th/181	Hagan Stone (5k)	21:38	40th/181
Walt Disney (5k)			Lenoir-Rhyne (5k)		
CVAC Champs (5k)			CVAC Champs (5k)		
NCAA Regionals (6k)			NCAA Regionals (6k)		
NCAA Nationals (6k)			NCAA Nationals (6k)		
Veronica Gobeyn			India Hill		
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>	<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>
UNC Pembroke (5k)	21:25	42nd/181	UNC Pembroke (5k)	31:26	177th/181
Wingate (6k)	25:56	18th/112	Wingate (6k)	35:47	105th/112
Hagan Stone (5k)	20:33	21st/181	Hagan Stone (5k)	27:36	158th/181
Walt Disney (5k)			Lenoir-Rhyne (5k)		
CVAC Champs (5k)			CVAC Champs (5k)		
NCAA Regionals (6k)			NCAA Regionals (6k)		
NCAA Nationals (6k)			NCAA Nationals (6k)		
Bonnie MacDonald			Leah Nicholson		
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>	<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>
UNC Pembroke (5k)	23:47	107th/181	UNC Pembroke (5k)	20:42	21st/181
Wingate (6k)	29:15	71st/112	Wingate (6k)	25:48	17th/112
Hagan Stone (5k)	24:00	93rd/181	Hagan Stone (5k)	20:51	23rd/181
Walt Disney (5k)			Lenoir-Rhyne (5k)		
CVAC Champs (5k)			CVAC Champs (5k)		
NCAA Regionals (6k)			NCAA Regionals (6k)		
NCAA Nationals (6k)			NCAA Nationals (6k)		
Alyson Trovato			Heather Woodard		
<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>	<u>RACE</u>	<u>TIME</u>	<u>FINISH</u>
UNC Pembroke (5k)	20:23	16th/181	UNC Pembroke (5k)	21:53	55th/181
Wingate (6k)	25:00	10th/112	Wingate (6k)	26:57	36th/112
Hagan Stone (5k)	20:03	12th/181	Hagan Stone (5k)	21:31	36th/181
Walt Disney (5k)			Lenoir-Rhyne (5k)		
CVAC Champs (5k)			CVAC Champs (5k)		
NCAA Regionals (6k)			NCAA Regionals (6k)		
NCAA Nationals (6k)			NCAA Nationals (6k)		

2006 St. Andrews Cross Country Meet Results

Eye Opener Meet

Spartanburg, SC - Sept. 9, 2006 (Men 8K)

Team Results

1. Mars Hill	74
2. St. Andrews	99
3. Anderson	103
4. Coker	121
5. Wingate	143
6. Queens	155
7. Lees-McRae	216
8. Presbyterian	244
9. Milligan	277
10. Erskine	280
11. SCAD	290
12. Limestone	354
13. Pfeiffer	377
14. Belmont Abbey	388
15. Brevard	400
16. Catawba	434
17. Toccoa Falls	463
18. Warren Wilson	506
19. UVa-Wise	513
20. Newberry	535
21. Southern Wesleyan	540
22. Mount Olive	641

Top-5 Individuals

1. Jon Stoehr	MHC	26:14
2. Jayce Watson	WU	26:43
3. Pedro Tapia Jr.	SAPC	26:56
4. Elliot Austin	MHC	26:59
5. Ryan Janes	SAPC	27:12

St. Andrews Finishes

3. Pedro Tapia Jr.	26:56
5. Ryan Janes	27:12
7. Tim Bourke	27:24
8. Mitch Cooper	27:25
81. Perry Morris	30:10
87. Adam Vick	30:24
101. Brad McKee	31:02
117. James Lloyd	32:05
141. Patrick Hogan	33:31

Eye Opener Meet

Spartanburg, SC - Sept. 9, 2006 (Women 5K)

Team Results

1. Milligan	19
2. Lees-McRae	123
3. Anderson	130
4. Mars Hill	151
5. St. Andrews	188
6. Wingate	205
6. Augusta State	205
8. Queens	250
9. Catawba	301
10. SCAD	320
11. Barton	334
12. Pfeiffer	337
13. Presbyterian	339
14. Coker	388
15. Southern Wesleyan	400
16. Lander	405
17. Converse	411
18. Brevard	514
19. Limestone	521
20. Newberry	525
21. Warren Wilson	540
22. Erskine	576
23. Belmont Abbey	579
24. Toccoa Falls	679

Top-5 Individuals

1. Jacklyn Talbert	Milligan	19:28
2. Mackenzie Labonte	Milligan	19:30
3. Kourtney Goulds	Milligan	19:32
4. Rebecca McDowell	Milligan	19:36
5. Jennifer Hitt	AU	19:44

St. Andrews Finishes

16. Alyson Trovato	20:23
21. Leah Nicholson	20:42
42. Veronica Gobeyn	21:25
55. Heather Woodard	21:53
61. Rachael Ambrosia	22:03
65. Tessa Franz	22:16
107. Bonnie MacDonald	23:47
173. Lauren Crabb	29:19
177. India Hill	31:26

2006 St. Andrews Cross Country Meet Results

Wingate Invitational

Wingate, NC - Sept. 16, 2006 (Men 10K)

Team Results

1. St. Andrews	37
2. Anderson	68
3. Lincoln Memorial	84
4. Wingate	102
5. Coker	122
6. Erskine	201
7. Clayton State	215
8. Francis Marion	220
9. Pfeiffer	232
10. North Greenville	265
11. Winston-Salem St.	280
12. NC Central	294
13. Catawba	296
DNS - Barton	
DNS - UNC Pembroke	

Top-5 Individuals

1. Mitch Cooper	SAPC	33:50
2. Pedro Tapia Jr.	SAPC	33:53
3. Jayce Watson	Wingate	33:57
4. Ryan Janes	SAPC	34:21
5. Nathan Parsons	Anderson	34:24

St. Andrews Finishes

1. Mitch Cooper	33:50
2. Pedro Tapia Jr.	33:53
4. Ryan Janes	34:21
7. Tim Bourke	34:42
26. Adam Vick	36:35
46. Perry Morris	37:51
82. James Lloyd	40:50
93. Patrick Hogan	42:23

Wingate Invitational

Wingate, NC - Sept. 16, 2006 (Women 6K)

Team Results

1. NC Central	59
2. St. Andrews	107
3. Wingate	117
4. Augusta State	118
5. Lincoln Memorial	141
6. Clayton State	143
7. Carson-Newman	185
8. Francis Marion	208
9. Barton	208
10. Pfeiffer	243
11. Coker	264
12. Winston-Salem St.	269
13. Catawba	272
14. North Greenville	358
15. Erskine	402
DNS - Anderson	

Top-5 Individuals

1. Allison Kreutzer	Clayton St.	23:16
2. Angela Cobb	Clayton St.	23:25
3. Amber Hines	Wingate	24:00
4. Irene Jeptolo	WSSU	24:19
5. Aubrey Morris	CNC	24:27

St. Andrews Finishes

10. Alyson Trovato	25:00
17. Leah Nicholson	25:48
18. Veronica Gobeyn	25:56
32. Rachael Ambrosia	26:42
36. Heather Woodard	26:57
60. Tessa Franz	28:13
71. Bonnie MacDonald	29:15
100. Lauren Crabb	34:55
105. India Hill	35:47
108. Jordan Copp	37:10

2006 St. Andrews Cross Country Meet Results

Greensboro Cross Country Invite

Greensboro, NC - Sept. 30, 2006 (Men 8K)

Team Results

1. Concord	57
2. St. Andrews	63
3. Carolina Club	86
4. North Carolina A&T	174
5. Guilford	233
6. Francis Marion	237
7. Howard	240
8. Brevard	240
9. Wheeling Jesuit	251
10. Belmont Abbey	260
11. Fairmont State	279
12. Methodist	311
13. West Liberty	332
14. Shaw	344
15. NC Central	348
16. Catawba	357
17. Greensboro	424
18. Winston-Salem St.	425
19. SCSU	463
20. Averett	545

Top-5 Individuals (D-II)

1. Tim Bourke	SAPC	27:10
2. Mitch Cooper	SAPC	27:16
3. Pedro Tapia Jr.	SAPC	27:29
4. Randy Horner	Concord	27:33
5. Chris Herron	Concord	27:38

St. Andrews Finishes

3. Tim Bourke	27:10
4. Mitch Cooper	27:16
6. Pedro Tapia Jr.	27:29
12. Ryan Janes	27:46
42. Perry Morris	28:57
76. James Lloyd	30:37
103. Patrick Hogan	32:28
116. Brad McKee	34:06

Greensboro Cross Country Invite

Greensboro, NC - Sept. 30, 2006 (Women 5K)

Team Results

1. NC Central	37
2. St. Andrews	83
3. Wheeling Jesuit	150
4. Catawba	152
5. Carolina Club	165
6. Francis Marion	226
7. SCSU	236
8. Concord	256
9. North Carolina A&T	278
10. Mary Baldwin	285
11. Winston-Salem St.	287
12. Fairmont State	290
13. Salem	307
14. Belmont Abbey	335
15. Guilford	349
16. Shaw	364
17. Meredith	374
18. Greensboro	472
19. Peace	502
20. Averett	529
21. NC Wesleyan	574

Top-5 Individuals (D-II)

1. Latanya Lesine	NCCU	19:59
2. Ashley Cooke	NCCU	20:01
3. Alyson Trovato	SAPC	20:03
4. Rori Godsey	Catawba	20:12
5. Maleah Cole	Catawba	20:13

St. Andrews Finishes

12. Alyson Trovato	20:03
21. Veronica Gobeyn	20:33
23. Leah Nicholson	20:51
32. Rachael Ambrosia	21:18
36. Heather Woodard	21:31
40. Tessa Franz	21:38
93. Bonnie MacDonald	24:00
148. Lauren Crabb	26:43
158. India Hill	27:36
168. Jordan Copp	28:25