

2006 UNCG Men's Cross Country Results

Sept. 2	at Charlotte Invitational	Charlotte, NC	No Team Score
Sept. 16	at Winthrop Invitational	Rock Hill, SC	2nd/8 Teams
Sept. 30	at George Mason Invitational	Manassas, VA	5th/13 Teams
Oct. 13	at Blue Ridge Mountain Open	Boone, NC	9th/13 Teams
Oct. 28	at Southern Conference Championship	Chattanooga, TN	3rd/10 Teams
Nov. 11	at NCAA Southeast Regional	Louisville, KY	20th/32 Teams

Winthrop Invitational; Rock Hill, SC (8K)

Team Results

1. Charlotte	36
2. UNCG	53
3. Winthrop	83
4. Furman	97
5. Davidson	116
6. College of Charleston	123
7. Wofford	213
8. South Carolina State	251

Individual Results

1. Adu Dentamo, Charlotte	25:44
2. Xavier Rutz	26:06
6. Nic Vaccaro	26:19
8. Josh Wyatt	26:22
10. Keith Gruchacz	26:31
31. Ryan Rodd	27:57
42. T.J. Wyatt	28:38
50. Justin Ruppe	29:53
53. Lincoln Bennett	30:49

Mason Invitational; Manassas, VA (8K)

Team Results

1. Indiana	23
2. Charlotte	59
3. George Mason	95
4. Richmond	107
5. UNC Greensboro	123
6. American	140
7. US Naval Academy	180
8. UNC Wilmington	223
9. Elon	241
10. Campbell	296
11. Howard	352
12. Coppin State	355
13. Morgan State	401

Individual Results

1. Jordan Kyle, Indiana	24:45
8. Xavier Rutz	25:17
12. Josh Wyatt	25:26
16. Nicolas Vaccaro	25:33
32. Keith Gruchacz	26:06
65. Ryan Rodd	27:00
85. Justin Ruppe	27:36
90. T.J. Wyatt	28:11
101. Lincoln Bennett	28:42
118. Tim Kwak	30:24

Blue Ridge Mountain Open; Boone, NC (8K)

Team Results

1. High Point	50
2. Appalachian State	59
3. Vanderbilt	106
4. UNC Wilmington	136
5. East Tennessee State	142
6. Radford	156
7. Mars Hill	189
8. Elon	214
9. UNC Greensboro	233
10. Western Carolina	245
11. Lenoir-Rhyne	246
12. Milligan	367
13. King College	385

Individual Results

1. Mike Deren, ETSU	24:53.1
45. Josh Wyatt	26:39.7
t-46. Xavier Rutz	26:40.0
t-46. Ryan Rodd	26:40.0
49. Keith Gruchacz	26:40.6
72. Nick Vaccaro	27:32.1
82. Justin Ruppe	27:52.7
90. T.J. Wyatt	28:05.0
122. Lincoln Bennett	29:42.7
139. Tim Kwak	31:58.0

Southern Conference Championships;

Chattanooga, TN (8K)

Team Results

1. Appalachian State	51
2. Furman	70
3. UNC Greensboro	94
4. Davidson	104
5. Chattanooga	121
6. The Citadel	164
7. Elon	174
8. College of Charleston	175
9. Western Carolina	207
10. Wofford	289

Individual Results

1. Phil Mitchell, App. St.	25:17.19
5. Josh Wyatt	25:32.53
8. Nick Vaccaro	25:38.19
17. Xavier Rutz	26:05.85
20. Keith Gruschacz	20:08.67
45. Ryan Rodd	27:31.86

47. Terry Wyatt	27:39.87
49. Justin Ruppe	27:44.72
72. Lincoln Bennett	29:18.62

NCAA Southeast Regionals; Louisville, KY (10K)

Team Results

1. North Carolina State	64
2. William & Mary	70
3. Louisville	80
4. Virginia	131
5. Clemson	201
6. Virginia Tech	235
7. Liberty	237
8. Eastern Kentucky	257
9. Duke	309
10. Wake Forest	335
11. North Carolina	342
12. James Madison	346
13. Charlotte	363
14. Appalachian State	417
15. George Mason	428
16. Kentucky	459
17. High Point	468
18. Coastal Carolina	474
19. Richmond	512
20. UNC Greensboro	519
21. Norfolk 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

Individual Results

1. Jacob Korir, Eastern Kentucky	30:03
71. Josh Wyatt	32:43
78. Nick Vaccaro	32:49
102. Xavier Rutz	33:06
108. Keith Gruschacz	33:14
160. Ryan Rodd	34:28
193. Justin Ruppe	36:00
196. Terry Wyatt	36:16

2006 UNCG Women's Cross Country Results

Sept. 2	at Charlotte Invitational	Charlotte, NC	No Team Score
Sept. 16	at Winthrop Invitational	Rock Hill, SC	6th/9 Teams
Sept. 30	at George Mason Invitational	Manassas, VA	8th/12 Teams
Oct. 13	at Blue Ridge Mountain Open	Boone, NC	9th/10 Teams
Oct. 28	at Southern Conference Championship	Chattanooga, TN	9th/11 Teams
Nov. 11	at NCAA Southeast Regional	Louisville, KY	31st/32 Teams

Winthrop Invitational; Rock Hill, SC (5K)

Team Results

1. Davidson.....	27
2. Charlotte.....	43
3. College of Charleston.....	88
4. Furman.....	106
5. Winthrop.....	112
6. UNCG.....	170
7. South Carolina.....	183
8. Wofford.....	235
9. South Carolina State.....	274

Individual Results

1. Brenna Burns, Davidson.....	18:23
15. Jess Weber.....	19:45
17. Tessa Dispenette.....	19:47
49. Stephanie Maltais.....	21:26
52. Carly Magin.....	21:27
62. Courtney Fawcett.....	22:11
85. Becca Colangelo.....	25:06

Mason Invitational; Manassas, VA (6K)

Team Results

1. Richmond.....	27
2. Charlotte.....	44
3. American.....	95
4. Elon.....	110
5. UNC Wilmington.....	159
6. St. John's.....	179
7. Campbell.....	220
8. UNCG.....	223
9. Morgan State.....	236
10. Howard.....	248
11. George Mason.....	259
12. Maryland.....	354

Individual Results

1. Heather Lee, unattached.....	21:23.13
25. Jess Weber.....	23:37
39. Tessa Dispenette.....	24:18
47. Sherrika Jordan.....	24:33
71. Carly Magin.....	26:02
77. Stephanie Maltais.....	26:25

Blue Ridge Mountain Open; Boone, NC (5K)

Team Results

1. Appalachian State.....	30
2. Vanderbilt.....	68
3. Milligan.....	86
4. High Point.....	110
5. Elon.....	116
6. UNC Wilmington.....	176
7. Radford.....	205
8. Western Carolina.....	238
9. UNC Greensboro.....	252
10. King College.....	274

Individual Results

1. Jenna Wrieden, Appalachian.....	17:53.9
35. Jess Weber.....	19:56.1
53. Tessa Dispenette.....	20:26.9
59. Sherrika Jordan.....	20:35.5
83. Carly Magin.....	21:39.8
115. Becca Colangelo.....	24:53.0

Southern Conference Championships;

Chattanooga, TN (5K)

Team Results

1. Chattanooga.....	43
2. Appalachian State.....	44
3. Davidson.....	53
4. Elon.....	124
5. College of Charleston.....	132
6. Furman.....	138
7. Western Carolina.....	241
8. The Citadel.....	247
9. UNC Greensboro.....	264
10. Georgia Southern.....	276
11. Wofford.....	282

Individual Results

1. Lanni Marchant, Chattanooga.....	17:01.17
39. Jess Weber.....	19:16.44
42. Sherrika Jordan.....	19:19.13
51. Tessa Dispenette.....	19:39.02
72. Carly Magin.....	20:52.01
83. Stephanie Maltais.....	21:47.69

NCAA Southeast Regional; Louisville, KY (6K)

Team Results

1. North Carolina State.....	61
2. Duke.....	70
3. Virginia Tech.....	83
4. Virginia.....	109
5. Wake Forest.....	164
6. North Carolina.....	182
7. William & Mary.....	236
8. Kentucky.....	251
9. Davidson.....	266
10. Coastal Carolina.....	284
11. Appalachian State.....	289
12. Liberty.....	331
13. Charlotte.....	370
14. Louisville.....	373
15. Eastern Kentucky.....	374
16. Richmond.....	396
17. Western Kentucky.....	418
18. James Madison.....	438
19. High Point.....	522
20. College of Charleston.....	583
21. South Carolina.....	650
22. Clemson.....	657
23. Elon.....	672
24. Furman.....	699
25. Winthrop.....	761
26. Morehead State.....	774
27. Murray State.....	791
28. East Carolina.....	796
29. UNC Wilmington.....	800
30. Gardner-Webb.....	853
31. UNC Greensboro.....	943
32. Wofford.....	972

Individual Results

1. Julia Lucas, NC State.....	20:15
161. Sherrika Jordan.....	24:08
180. Jess Weber.....	24:37
194. Tessa Dispenette.....	25:21
203. Carly Magin.....	25:50
205. Stephanie Maltais.....	26:30