

# 2009 UNCG Women's Cross Country Results

## Team Results

Date	Meet (Location)	Finish
Sept. 4	Wake Forest Relays (Winston-Salem, N.C.)	2/3; 242 points
Sept. 12	Elon Invitational (Elon, N.C.)	No Team Score
Sept. 19	Lou Onesty Invitational (Charlottesville, Va.)	2/4 teams; 67 points
Oct. 2	Charlotte Invitational (Charlotte, N.C.)	8/23 teams; 210 points
Oct. 16	Blue Ridge Open (Boone, N.C.)	No Team Score
Oct. 17	USC Upstate Invitational (Spartanburg, S.C.)	3/12 teams; 67 points
Oct. 31	Southern Conference Championships (Elon, N.C.)	7/12 teams; 138 points
Nov. 14	NCAA Southeast Regional Championships (Louisville, Ky.)	27/35 teams; 747 points

## Meet Results

### Wake Forest Relays (5K) Winston-Salem, N.C. (Sept. 4)

Pairing times

1. Casey Fowler Dina Nosenko WFU	35:51
5. Michelle Chewens/Sherrika Jordan	37:35
8. Tiffany Garber/Shaina Sumney	38:10
14. Chelsea Sumney/Jade Farlow	38:45
16. Kerry Hartman/Emily Vasquez	39:20

Individual

1. Anna Nosenko WFU	17:14.0
7. Sherrika Jordan	18:36.0
9. Shaina Sumney	18:41.0
15. Michelle Chewens	18:59.0
17. Kerry Hartman	19:07.0
21. Chelsea Sumney	19:15.0
28. Tiffany Garber	19:29.0
30. Jade Farlow	19:30.0
35. Emily Vasquez	20:13.0

Team

1. Wake Forest	6 points
2. UNCG	24
3. High Point	27

### Elon Invitational (5K) Elon, N.C. (Sept. 12)

Individual

1. Chloe Kowalski, Furman	18:41
38. Jenna Paley	20:53
56. Courtney Fawcett	21:27
66. Chelsea Willette	22:21
74. Latrese Bristol	23:14

### Lou Onesty Invitational (5K) Charlottesville, Va. (Sept. 19)

Individual

1. Laurretta Dezubay, Virginia	17:42.50
12. Chelsea Sumney	19:42.00
15. Shaina Sumney	19:51.20
17. Kerry Hartman	20:07.40
18. Tiffany Garber	20:11.50
19. Jade Farlow	20:13.40
20. Michelle Chewens	20:26.40
23. Emily Vasquez	21:25.70

Team

1. Virginia	19 points
2. UNCG	67
3. George Mason	68
4. Norfolk State	98

### Charlotte Invitational (5K) Charlotte, N.C. (Oct. 2)

Individual

1. Kim Ruck, Clemson	17:02.4
26. Kerry Harman	18:40.6
30. Sherrika Jordan	18:47.3
52. Shaina Sumney	19:07.0
56. Tiffany Garber	19:09.7
64. Jenna Paley	19:22.0
66. Michelle Chewens	19:27.0
70. Jade Farlow	19:35.2
78. Caitlin Lenz	19:45.4
100. Chelsea Sumney	20:10.4
131. Chelsea Willette	20:38.4
134. Courtney Fawcett	20:41.9
179. Latrese Bristol	22:59.9

Team

1. Charlotte	47 points
2. Clemson	55
3. USC Upstate	125
4. South Carolina	150
5. Western Carolina	179

6. Milligan College	193
7. College of Charleston	200
8. UNCG	210
9. Winthrop	227
10. Gardner-Webb	320
11. UNCA	323
12. Wofford	340
13. Radford	370
14. Lenoir-Rhyne	382
15. Georgia Southern	388
16. Anderson	411
17. Limestone College	499
18. Pfeiffer University	567
19. Erskine	568
20. Charleston Southern	579
21. Coker College	610
22. Mount Olive	664
23. Mars Hill College	670

### Blue Ridge Open (5K) Boone, N.C. (Oct. 16)

Individual - Gold Race

1. Carly Seymour, Duke	17:18.07
124. Chelsea Willette	21:43.77
126. Courtney Fawcett	21:56.30

Team - Gold Race

1. Duke	18 points
2. Virginia Tech	104
3. UNC Wilmington	115
4. Appalachian State	139
5. VMI	146
6. Elon	152
7. Western Carolina	180
8. High Point	192
9. Coast Carolina	208
10. Clemson	271
11. College of Charleston	294
12. UNC Asheville	310
13. Lees-McRae	378
14. Morehead State	405
15. Gardner-Webb	418

UNCG: No team score

### USC Upstate Invitational (5K) Charlottesville, Va. (Oct. 17)

Individual

1. Caroline Chelulei, USC Upstate	17:59.8
6. Sherrika Jordan	19:05.55
10. Kerry Hartman	19:14.58
14. Chelsea Sumney	19:31.34
18. Michelle Chewens	19:41.19
19. Shaina Sumney	19:45.85
20. Caitlin Lenz	19:46.41
21. Jade Farlow	19:51.51
22. Jenna Paley	19:59.18
23. Tiffany Garber	20:03.72

Team

1. Davidson	36 points
2. USC Upstate	45
3. UNCG	67
4. Charlotte	102
5. Wofford	137
6. Carson-Newman	188
7. Converse	208
8. Campbellsville	224
9. Southern Wesleyan	229
10. Charleston Southern	245
11. Newberry	350
12. Piedmont	369

### Southern Conference Championships (5K) Charlottesville, Va. (Oct. 31)

Individual

1. Brittany Caudle, Appalachian State	17:47.32
6. Sherrika Jordan	18:55.02
17. Kerry Hartman	19:06.58
32. Shaina Sumney	19:27.31
37. Chelsea Sumney	19:36.83
45. Caitlin Lenz	19:45.76
57. Jenna Paley	20:06.34
59. Tiffany Garber	20:10.26
79. Jade Farlow	20:52.40
80. Michelle Chewens	20:54.27

Team

1. Samford	74 points
2. Elon	75
3. Appalachian State	83
4. Furman	93
5. Davidson	110
6. Chattanooga	134
7. UNCG	138
8. Western Carolina	168
9. College of Charleston	254
10. Wofford	289
11. Georgia Southern	319
12. The Citadel	357

### NCAA Southeast Regional Championships (6K) Louisville, Ky. (Nov. 14)

Individual

1. Catherine White, Virginia	20:03.90
112. Sherrika Jordan	22:54.67
145. Chelsea Sumney	23:20.92
158. Kerry Hartman	23:31.15
175. Jenna Paley	23:44.38
176. Shaina Sumney	23:47.76
179. Tiffany Garber	23:53.66
182. Caitlin Lenz	23:55.05

Team

1. Duke	69
2. Virginia	113
3. NC State	135
4. William & Mary	145
5. North Carolina	167
6. James Madison	225
7. Louisville	234
8. Kentucky	256
9. Richmond	309
10. Eastern Kentucky	332
11. Western Kentucky	335
12. Clemson	339
13. Charlotte	364
14. South Carolina	466
15. Virginia Tech	474
16. George Mason	476
17. Davidson	480
18. Liberty	494
19. Wake Forest	497
20. Elon	499
21. VMI	535
22. Appalachian State	542
23. Furman	547
24. ECU	572
25. UNCW	648
26. Murray State	745
27. UNCG	747
28. Western Carolina	753
29. Coastal Carolina	774
30. Winthrop	779
31. UNCA	808
32. Norfolk State	861
33. Longwood	1026
34. Wofford	1033
35. Morehead State	1091

# 2009 UNCG Men's Cross Country Results

## Team Results

Date	Meet (Location)	Finish
Sept. 4	Wake Forest Relays (Winston-Salem, N.C.)	3/3; 34 points
Sept. 12	Elon Invitational (Elon, N.C.)	No Team Score
Sept. 19	Lou Onesty Invitational (Charlottesville, Va.)	3/4 teams; 65 points
Oct. 2	Charlotte Invitational (Charlotte, N.C.)	3/21 teams; 101 points
Oct. 16	Blue Ridge Open (Boone, N.C.)	18/19 teams; 540 points
Oct. 17	USC Upstate Invitational (Spartanburg, S.C.)	1/9 teams; 24 points
Oct. 31	Southern Conference Championships (Elon, N.C.)	3/11 teams; 83 points
Nov. 14	NCAA Southeast Regional Championships (Louisville, Ky.)	19/35 teams; 521 points

## Meet Results

### Wake Forest Relays (7K) Winston-Salem, N.C. (Sept. 4)

Pairing times	
1. Anthony Berkis/Josh Morgan HPU	45:28
11. Ben Vasquez/Brian Carrington	48:12
12. TJ Wyatt/Cory Bowen	48:20
14. Taylor Day/Taylor Hurst	49:50

Individual	
1. Jesse Cherry, UNA	21:54.0
21. Cory Bowen	23:54.0
22. Ben Vasquez	24:01.0
24. Brian Carrington	24:11.0
27. TJ Wyatt	24:26.0
28. Taylor Hurst	24:49.0
30. Taylor Day	25:01.0

Team	
1. High Point	6 points
2. Wake Forest	18
3. UNCG	34

### Elon Invitational (8K) Elon, N.C. (Sept. 12)

Individual	
1. Charlie McGogan Furman	25:52
51. Justin Ruppe	29:08
55. Ryan Soloman	29:37
58. Lamar Watkins	29:56
66. Pat O'Connor	32:20

### Lou Onesty Invitational (8K) Charlottesville, Va. (Sept. 19)

Individual	
1. Emil Heineking, Virginia	24:04.80
7. Joey Thompson	25:23.70
8. Mike Koech	25:27.10
14. Andy Clyne	25:48.30
24. AJ Savoia	26:56.30
28. TJ Wyatt	27:40.10
29. Ben Vasquez	27:45.10
31. Cory Bowen	27:50.80
32. Brian Carrington	28:05.30
34. Taylor Hurst	28:19.10
37. Taylor Day	29:14.30

Team	
1. Virginia	28 points
2. Norfolk State	58
3. UNCG	65
4. George Mason	67

### Charlotte Invitational (8K) Charlotte, N.C. (Oct. 2)

Individual	
1. Adu Dentamo, Charlotte	24:13.7
4. Joey Thompson	24:56.7
5. Mike Koech	24:57.1
7. Andy Clyne	25:10.9
49. TJ Wyatt	26:37.5
57. Ben Vasquez	26:46.7
66. Cory Bowen	26:58.7
74. Brian Carrington	27:17.0
88. Taylor Hurst	27:32.9
99. Taylor Day	27:51.4
102. Justin Ruppe	27:54.2
114. Lamar Watkins	28:19.0
154. Pat O'Connor	30:15.8

Team	
1. Charlotte	62 points
2. Clemson	89
3. UNCG	101
4. College of Charleston	151
5. USC Upstate	154

6. Western Carolina	164
7. Mars Hill	222
8. Winthrop	246
9. UNC Asheville	257
10. Milligan College	258
11. Lenoir-Rhyne	270
12. Erskine	308
13. Charleston Southern	351
14. Anderson	382
15. Mount Olive	389
16. Gardner-Webb	426
17. Radford	448
18. Limestone College	461
19. Pfeiffer	508
20. Wofford	565
21. Coker College	614

### Blue Ridge Open (8K) Boone, N.C. (Oct. 16)

Individual - Gold Race	
1. Jesse Cherry, Unattached	24:09.47
116. Taylor Day	27:54.50
130. Justin Ruppe	28:22.96
137. Lamar Watkins	28:57.08
148. Pat O'Connor	29:52.81
149. Ryan Soloman	30:03.88

Team - Gold Race	
1. High Point	76 points
2. Davidson	77
3. Appalachian State	83
4. Coastal Carolina	159
5. Wake Forest	166
6. VMI	180
7. Clemson	206
8. Elon	212
9. Western Carolina	235
10. College of Charleston	286
11. UNCW	295
12. Mars Hill	311
13. Morehead State	321
14. UNC Asheville	336
15. Lee-McRae	370
16. ASU Alumni	402
17. Gardner-Webb	506
18. UNCG	540
19. Radford	549

### USC Upstate Invitational (8K) Spartanburg, S.C. (Oct. 17)

Individual	
1. Gilbert Kemboi, USC Upstate	24:38.68
2. Joey Thompson	25:03.84
3. Mike Koech	25:15.61
4. Andy Clyne	25:39.86
6. AJ Savoia	26:07.14
10. Ben Vasquez	26:38.02
18. TJ Wyatt	27:05.35
21. Cory Bowen	27:15.84
24. Brian Carrington	27:41.60
27. Taylor Hurst	28:03.69

Team	
1. UNCG	24 points
2. USC Upstate	41
3. Wofford	93
4. Charleston Southern	125
5. Campbellsville	137
6. Truett-McConnell	158
7. Southern Wesleyan	173
8. Carson-Newman	196
9. Newberry	210

### Southern Conference Championships (8K) Elon, N.C. (Oct. 31)

Individual	
1. Emmanuel Kirwa, Chattanooga	25:00.38
2. Mike Koech	25:03.59
5. Joey Thompson	25:17.49
14. Andy Clyne	25:49.29
20. AJ Savoia	26:08.64
43. Terry Wyatt	27:02.10
57. Ben Vasquez	27:26.78
62. Cory Bowen	27:37.90
64. Brian Carrington	27:43.27
78. Taylor Day	28:42.37

Team	
1. Appalachian State	44 points
2. Davidson	82
3. UNCG	83
4. Chattanooga	109
5. Elon	134
6. Furman	146
7. Western Carolina	158
8. College of Charleston	203
9. The Citadel	218
10. Samford	261
11. Wofford	276

### NCAA Southeast Regionals Championships (8K) Louisville, Ky. (Nov. 14)

Individual	
1. Samuel Chelanga, Liberty	29:31.25
43. Mike Koech	31:39.79
65. Joey Thompson	32:17.76
122. AJ Savoia	33:16.87
146. Ben Vasquez	33:49.29
148. Andy Clyne	33:49.41
173. TJ Wyatt	34:33.01
181. Cory Bowen	34:42.89

Team	
1. William & Mary	49 points
2. NC State	99
3. Louisville	121
4. Duke	131
5. Virginia	133
6. North Carolina	204
7. Eastern Kentucky	218
8. Virginia Tech	238
9. Liberty	282
10. George Mason	340
11. Appalachian State	360
12. Davidson	362
13. Kentucky	449
14. Charlotte	472
15. Clemson	476
16. High Point	510
17. Wake Forest	513
18. Norfolk State	521
19. UNCG	521
20. Elon	533
21. Richmond	555
22. Western Kentucky	570
23. Furman	572
24. Coastal Carolina	580
25. East Carolina	586
26. Western Carolina	679
27. VMI	681
28. College of Charleston	726
29. Wofford	793
30. Morehead State	802
31. UNC Asheville	878
32. Winthrop	919
33. Charleston Southern	958
34. Longwood	980
35. Murray State	1098