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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Wofford men's cross country opens season in Columbia
Date: September 3, 2005 at 2:00 PM
To:



**Wofford men's cross country opens season in Columbia
September 3, 2005**

The Wofford men's cross country team opened its 2005 season Friday by running in the 5k USC Invitational in Columbia, S.C. The Terriers placed seventh out of the seven teams in the Division I field. Freshman Brian Smith led the team with a 36th-place time of 19:03.61. Sophomores Trey Antley and Chris Williams finished 42nd and 43rd, respectively, with times of 19:50.32 and 20:05.51. Rookie Andrew Harris placed 46th with a time of 20:42.56, while senior Ben Pauli garnered a 52nd-place time of 24:36.00. Western Carolina won the team title and had two of its runners finish first and second overall among the individuals. Wofford will continue its season Saturday, Sept. 10, at the College of Charleston Invitational in Charleston, S.C.

Wofford Individuals:

- 36--Brian Smith, 19:03.61
- 42--Trey Antley, 19:50.32
- 43--Chris Williams, 20:05.51
- 46--Andrew Harris, 20:42.56
- 52--Ben Pauli, 24:36.00

Top-10 Individuals:

- 1--Dan Fassinger (Western Carolina), 15:33.85
- 2--Adam Puett (Western Carolina), 15:34.49
- 3--Will Wilson (The Citadel), 15:59.14
- 4--Harrison Johnson (College of Charleston), 16:06.01
- 5--Max Gustaitis (College of Charleston), 16:09.06
- 6--Aubrey Darnell (College of Charleston), 16:16.54
- 7--Matt Holmes (The Citadel), 16:20.54
- 8--Marcus Dunn (Western Carolina), 16:24.47
- 9--Brian McLean (Western Carolina), 16:30.26
- 10--Robert Herbert (Savannah State), 16:31.71

Team Scores:

- 1--Western Carolina, 36
- 2--The Citadel, 46
- 3--College of Charleston, 48
- 4--Savannah State, 139
- 5--Charleston Southern, 146
- 6--South Carolina State, 152
- 7--Wofford, 181




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Want a signature like this?

From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Terrier women's cross country competes in Charlotte
Date: September 3, 2005 at 2:20 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Terrier women's cross country competes in Charlotte
September 3, 2005**

The Wofford women's cross country team began its 2005 campaign Saturday morning at the Charlotte Relay at McAlpine Park in Charlotte, N.C. The Terriers finished third out of the three teams in the event.

Junior Ryn Lister and sophomore Lauren Bosshardt paced the Wofford contingent with a ninth-place time of 24:39.2.

Garnering a 12th-place time of 25:27.1 was senior Jaya Abraham and junior Mandy Mills.

Freshman Justina Oliva and senior Rachel Smithson earned a 13th-place finish with a time of 27:22.8, while sophomores Katie Isbell and Sarah Messamore placed 14th after crossing the finish line in 28:43.1.

Senior Corey Wilson and rookie Sarah Whitener finished 15th with a time of 29:16.2.

Host Charlotte won the team title, while the 49ers claimed four of the top-five individual times. Aja Jackson and Cassie Ficken paced the pack with a 21:13.8 time during the 3k event.

Wofford will continue its season Saturday, Sept. 10, at the College of Charleston Invitational in Charleston, S.C.

Wofford Individuals:

9--Ryn Lister, Lauren Bosshardt, 24:39.2

12--Jaya Abraham, Mandy Mills, 25:27.1

13--Justina Oliva, Rachel Smithson, 27:22.8

14--Katie Isbell, Sarah Messamore, 28:43.1

15--Corey Wilson, Sarah Whitener, 29:16.2

Top-10 Individuals:

1--Aja Jackson, Cassie Ficken (Charlotte), 21:13.8

2--Amelia Slagle, Tsehaye Dagnachew (Charlotte), 21:45.6

3--Teresa Ayers, Renata Volf (Virginia Intermont), 22:50.1

4--Liana Blue, Summer Graham (Charlotte), 23:06.8

5--Erin MaCauley, Jessica Schlegel (Charlotte), 23:35.2

6--Christi Carter, Kristin Edrington (Queens), 24:15.5

7--Jenna Khonke, Tiffany McClain (Charlotte), 24:33.1

8--Katie Carman, Amber McClain (Queens), 24:35.4

9--Ryn Lister, Lauren Bosshardt (Wofford), 24:39.2

10--Whitney Dennis, Sairy Sanchez (Queens), 24:52.6

Team Scores:

1--Charlotte, 7

2--Queens, 24

3--Wofford, 34

4--Virginia Intermont, NTS



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Want a signature like this?

From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Freshman paces Terrier men's cross country at Clemson
Date: September 12, 2005 at 2:38 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Freshman paces Terrier men's cross country at Clemson
September 12, 2005**

Four of the six Terrier men's cross country runners were freshmen last Saturday as the Wofford squad competed at the Clemson Invitational in Clemson, S.C. Rounding out the young team were a pair of sophomores. Leading the Terrier pack was freshman Kemp Anderson, competing in his first collegiate event. He placed 84th with a time of 30:19, just ahead of teammate and sophomore Chris Williams. Williams ran to an 85th-place time of 30:57. Wofford also received an 88th-place showing from Brian Smith, who crossed the finish line in 31:52. A trio of Terrier runners finished 91st through 93rd. Tommy Weber clocked in at 32:25 (91st), Trey Antley earned a 92nd-place time of 33:52 and Andrew Harris notched a time of 34:23 to garner a 93rd-place result. "The guys demonstrated a solid effort," said head coach Andrea Stehman. "We emphasized team work and the ability to pace ourselves."

Host Clemson won the meet with a team score of 43, defeating Charlotte by a slim seven points. The Tigers' Matt Clark won the 8k race with a time of 25:02, a second better than second-place Ian Burrell of Georgia. Wofford will next compete Saturday at the Winthrop/Asics Invitational in Rock Hill, S.C.

Wofford Individuals:

- 84--Kemp Anderson, 30:19
- 85--Chris Williams, 30:57
- 88--Brian Smith, 31:52
- 91--Tommy Weber, 32:25
- 92--Trey Antley, 33:52
- 93--Andrew Harris, 34:23

Top-10 Individuals:

- 1--Matt Clark (Clemson), 25:02
- 2--Ian Burrell (Georgia), 25:03
- 3--Dan Fassinger (Western Carolina), 25:13
- 4--Ryan Jank (Charlotte), 25:20
- 5--Adam Puett (Western Carolina), 25:30
- 6--Brian Soder (Clemson), 25:30
- 7--Jamil Muhaimin (Charlotte), 25:30
- 8--Greg Isaacs (Clemson), 25:34
- 9--Adu Dentamo (Charlotte), 25:35
- 10--Charlie Dickhaus (Georgia), 25:36

Team Scores:

- 1--Clemson, 43
- 2--Charlotte, 50
- 3--Georgia, 76
- 4--Western Carolina, 136
- 5--Furman, 138
- 6--UNC Asheville, 158
- 7--Gardner-Webb, 200
- 8--Mars Hill, 218
- 9--Morehouse, 253
- 10--South Carolina State, 259
- 11--Wofford, 335




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Want a signature like this?

From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Abraham's personal best highlights women's cross country
Date: September 12, 2005 at 3:07 PM
To:



**Abraham's personal best highlights women's cross country
September 12, 2005**

Senior Jaya Abraham ran to a personal-best time to highlight the Wofford women's cross country performances last Saturday at the Clemson Invitational in Clemson, S.C. Abraham finished as the second Terrier with a time of 20:50 and 68th-place result. Sophomore Lauren Bosshardt paced the Wofford pack with a 61st-place time of 20:37.

Also factoring into the team score was Ryn Lister with an 82nd-place time of 21:34, Rachel Smithson with a time of 22:17 to earn 92nd place and Mandy Mills in 97th place with a time of 22:36.

Other Terriers in the meet included consecutive-place finishes by Katie Isbell and Justina Oliva. Isbell posted her top time in a Wofford uniform by running to a time of 23:01 to place 103rd, while Oliva earned an 104th-place time of 23:07.

Corey Wilson posted an 107th-place result (23:39), Sarah Messamore placed 110th (24:23) and Sara Whitener garnered an 112th-place time of 24:53.

"Our team work continued to be positive," said head coach Andrea Stehman. "We are about three weeks ahead of where we were this time last year in terms of our workouts and splits."

Georgia captured the team title with 26 points, while Charlotte's Cassie Ficken ran to a time of 17:36 to claim the individual honor.

The Terriers will next compete Saturday at the Winthrop/Asics Invitational in Rock Hill, S.C.

Wofford Individuals:

- 61--Lauren Bosshardt, 20:37
- 68--Jaya Abraham, 20:50
- 82--Ryn Lister, 21:34
- 92--Rachel Smithson, 22:17
- 97--Mandy Mills, 22:36
- 103--Katie Isbell, 23:01
- 104--Justina Oliva, 23:07
- 107--Corey Wilson, 23:39
- 110--Sarah Messamore, 24:23
- 112--Sara Whitener, 24:53

Top-10 Individuals:

- 1--Cassie Ficken (Charlotte), 17:36
- 2--Jill Steffens (Georgia), 17:43
- 3--Kristin Heffelfinger (Georgia), 17:49
- 4--Natalie Picchetti (Georgia), 17:51
- 5--D. Thornhill (Unattached), 17:53
- 6--Tsehay Dagnachow (Charlotte), 18:03
- 7--Lauren Burks (Georgia), 18:25
- 8--Aja Jackson (Charlotte), 18:29
- 9--Jennifer Barton (Clemson), 18:30
- 10--Kiah Vernon (Georgia), 18:32

Team Scores:


- 1--Georgia, 26
- 2--Charlotte, 52
- 3--Clemson, 112
- 4--South Carolina, 120
- 5--Furman, 143
- 6--UNC Asheville, 186
- 7--Western Carolina, 190
- 8--Gardner-Webb, 227
- 9--Mars Hill, 242
- 10--Wofford, 277
- 11--South Carolina State, 340



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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Wofford men's cross country completes Winthrop/Asics Invitational
Date: September 17, 2005 at 3:42 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Wofford men's cross country completes Winthrop/Asics Invitational
September 17, 2005**

The Wofford men's cross country finished sixth out of seven teams Saturday morning at the Winthrop/Asics Invitational in Rock Hill, S.C. The Terriers earned a team score of 187 in the 8k meet. Freshman Kemp Anderson led Wofford with a 39th-place time of 31:13, less than a minute ahead of teammate Chris Williams. Williams garnered a 41st-place time of 31:46. In 44th place was Brian Smith with a time of 32:29, followed by Tommy Weber (45th/32:45) and Trey Antley (46th/34:12). Junior Andrew Powell, who was competing in his first meet of the season due to plantar fasciitis, notched a 49th-place time of 34:52. He edged teammate Andrew Harris, who placed 50th with a time of 36:03. "Andrew Powell displayed a solid effort in his first race back from a semester long struggle," said head coach Andrea Stehman. "Our group did a good job of working together. We just need to get our pack farther forward." The Terriers will take next weekend off before returning to competition Friday, Sept. 30, at the Gardner-Webb Invitational in Boiling Springs, N.C.

Wofford Individuals:

- 39--Kemp Anderson, 31:13
- 41--Chris Williams, 31:46
- 44--Brian Smith, 32:29
- 45--Tommy Weber, 32:45
- 46--Trey Antley, 34:12
- 49--Andrew Powell, 34:52
- 50--Andrew Harris, 36:03

Top-10 Individuals:

- 1--Tamas Kovacs (High Point), 25:26
- 2--Kyle Lounsbury (High Point), 26:06
- 3--Trevor Beesley (Winthrop), 26:11
- 4--Brad Orr (Winthrop), 26:36
- 5--Jesse Cherry (High Point), 26:40
- 6--Austin Mercandante (Davidson), 26:49
- 7--Jonathan Baker (Davidson), 26:51
- 8--Lucas McAnaney (Gardner-Webb), 26:53
- 9--Brandon Hudgins (Winthrop), 27:04
- 10--Lance Harden (Davidson), 27:06

Team Scores:

- 1--High Point, 39
- 2--Davidson, 54
- 3--Winthrop, 58
- 4--UNC Greensboro, 88
- 5--Gardner-Webb, 108
- 6--Wofford, 187
- 7--South Carolina State, 209




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Want a signature like this?

From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Bosshardt places 10th at Winthrop/Asics Invitational to pace Terriers
Date: September 17, 2005 at 4:03 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Bosshardt places 10th at Winthrop/Asics Invitational to pace Terriers
September 17, 2005**

A near career-best time by sophomore Lauren Bosshardt which resulted in a 10th-place finish sparked the Wofford women's cross country squad Saturday morning at the Winthrop/Asics Invitational in Rock Hill, S.C. The Terriers earned a sixth-place team finish out of the seven schools.

Bosshardt finished within a second of her career-best time with her time of 20:26 during this morning's 5k meet. The time was also her season best.

Senior Jaya Abraham was the next Wofford runner to cross the finish line. She notched a 22nd-place time of 21:13, four seconds ahead of teammate Ryn Lister who posted a 24th-place time of 21:17 for her career-best result.

Rachel Smithson finished 36th with a time of 22:17, while Mandy Mills and Justina Oliva earned back-to-back place results of 45th (23:01) and 46th (23:13), respectively.

Also competing for the Terriers were Sarah Whitener (51st/24:15), Katie Isbell (52nd/24:32) and Corey Wilson (56th/25:51). "The women did an incredible job through the heat and ridiculous hills," said head coach Andrea Stehman.

Wofford will take next weekend off before returning to competition Friday, September 30 at the Gardner-Webb Invitational in Boiling Springs, N.C.

Wofford Individuals:

10--Lauren Bosshardt, 20:26

22--Jaya Abraham, 21:13

24--Ryn Lister, 21:17

36--Rachel Smithson, 22:17

45--Mandy Mills, 23:01

46--Justina Oliva, 23:13

51--Sarah Whitener, 24:15

52--Katie Isbell, 24:32

56--Corey Wilson, 25:51

Top-10 Individuals:

1--Jennifer Povick (Winthrop), 18:26

2--Kali Burt (High Point), 18:51

3--Michele Milner (Gardner-Webb), 19:34

4--Sumiyya Hunter (High Point), 19:39

5--Carrie Selmer (Winthrop), 19:40

6--Shauna Marsh (High Point), 19:47

7--Katherine Warden (Gardner-Webb), 20:07

8--Jess Weber (UNC Greensboro), 20:17

9--Kate Atkinson (High Point), 20:21

10--Lauren Bosshardt (Wofford), 20:26

Team Scores:

1--High Point, 33

2--Winthrop, 60

3--South Carolina (B), 80

4--UNC Greensboro, 103

5--Gardner-Webb, 124

6--Wofford, 128

7--South Carolina State, 202




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Want a signature like this?

From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Men's cross country falls in dual meet to Gardner-Webb
Date: September 30, 2005 at 7:26 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Men's cross country falls in dual meet to Gardner-Webb
September 30, 2005**

In its first dual meet of the 2005 season, the Wofford men's cross country team fell to host Gardner-Webb, 15-50, in Boiling Springs, N.C., Friday afternoon.

Junior Chris Williams was the top Terrier finisher with a ninth-place time of 22:10.00. Freshman Kemp Anderson completed the 6k meet less than a second behind Williams with an 11th-place result of 22:46.00.

Sophomore Trey Antley was 13th with a time of 23:19.00, while freshman Tommy Weber posted a 14th-place time of 23:58.00. Junior Andrew Powell was the last Wofford runner across the finish line in a 15th-place time of 24:00.00.

The Bulldogs earned the victory behind the strength of first through sixth-place results.

Wofford will continue its season at the Winthrop Fall Classic, October 15, in Rock Hill, S.C. The meet will be the last regular-season competition for the Terriers.

Wofford Individuals:

- 9--Chris Williams, 22:10.00
- 11--Kemp Anderson, 22:46.00
- 13--Trey Antley, 23:19.00
- 14--Tommy Weber, 23:58.00
- 15--Andrew Powell, 24:00.00

Top-10 Individuals:

- 1--Josh Hudson (Gardner-Webb), 19:51.00
- 2--Alex Nimmo (Gardner-Webb), 20:24.00
- 3--Tyler Hayden (Gardner-Webb), 21:10.00
- 4--Geoff Lesch-Wragge (Gardner-Webb), 21:11.00
- 5--Tim Israel (Gardner-Webb), 21:44.00
- 6--Charlie Steinke (Gardner-Webb), 21:55.00
- 7--Adam Gaske (Unattached), 21:56.57
- 8--Matthew Winning (Gardner-Webb), 21:56.86
- 9--Chris Williams (Wofford), 22:10.00
- 10--Justin Keziah (Gardner-Webb), 22:14.00

Team Scores:

- 1--Gardner-Webb, 15
- 2--Wofford, 50




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Want a signature like this?

From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Two Terrier women's cross country runners place in top 10
Date: September 30, 2005 at 7:36 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Two Terrier women's cross country runners place in top 10
September 30, 2005**

Despite two of its runners earning top-10 results, the Wofford women's cross country team finished fourth out of four teams Friday afternoon at the Gardner-Webb Invitational in Boiling Springs, N.C.

Sophomore Lauren Bosshardt was the top Terrier during the 4k meet finishing with a sixth-place time of 16:46.00. She was joined in the top 10 by freshman Justina Oliva, who placed ninth with a time of 16:55.00.

Fellow rookie Sarah Whitener was 19th (18:12.00), just ahead of a 20th-place time (18:20.00) by junior Mandy Mills. Rounding out the Wofford runners was a 28th-place showing by sophomore Katie Isbell. Isbell completed the meet in a time of 19:08.00.

Southern Conference foe Georgia Southern won the meet with host Gardner-Webb having the top-two individuals. The Terriers will conclude their regular-season competition October 15 at the Winthrop Fall Classic in Rock Hill, S.C.

Wofford Individuals:

- 6--Lauren Bosshardt, 16:46.00
- 9--Justina Oliva, 16:55.00
- 19--Sarah Whitener, 18:12.00
- 20--Mandy Mills, 18:20.00
- 28--Katie Isbell, 19:08.00

Top-10 Individuals:

- 1--Michele Milner (Gardner-Webb), 15:21.00
- 2--Katherine Warden (Gardner-Webb), 15:45.00
- 3--Brittany Jett (Georgia Southern), 15:47.00
- 4--Jessica Kerzie (Georgia Southern), 16:22.00
- 5--Abby Bloom (Georgia Southern), 16:29.00
- 6--Lauren Bosshardt (Wofford), 16:46.00
- 7--Danielle Shaurette (Georgia Southern), 16:49.00
- 8--Samantha Lehman (Swim Doggies), 16:54.00
- 9--Justina Oliva (Wofford), 16:55.00
- 10--Isabel Olivas (Swim Doggies), 17:00.00

Team Scores:

- 1--Georgia Southern, 30
- 2--Gardner-Webb, 42
- 3--Swim Doggies, 74
- 4--Wofford, 80



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Want a signature like this?

From: Shutt, Steven J ShuttSJ@wofford.edu
Subject: Wofford's Andrea Stehman to compete in LaSalle Bank Chicago Marathon Sunday
Date: October 7, 2005 at 11:24 AM
To: Shutt, Steven J ShuttSJ@wofford.edu



October 7, 2005

Contact: Steve Shutt, Associate AD (864) 597-4093

Wofford cross country coach Andrea Stehman to compete in Sunday's Chicago Marathon

SPARTANBURG, SC – Andrea Stehman, Wofford's head men's and women's cross country coach and a former student-athlete at Butler University, will compete in Sunday's LaSalle Bank Chicago Marathon. It will be her first marathon experience.

Stehman was co-captain of Butler's track and field team and received the squad's Mental Attitude Award as an undergraduate. After completing her bachelor's degree in three years, she attended the University of Maryland for her final year of competition as she began work on her master's degree.

Training for the marathon has not been easy for the experienced runner. She suffered a stress fracture that limited her training in August and recently has battled the flu.

The 26.2 mile marathon course starts and finishes in Grant Park. The race begins at 8 a.m. CDT on Sunday. Results will be available at chicagomarathon.com/press.

Constantina Tomescu-Dita won last year's Chicago Marathon with a time of 2:23:45.

Stehman was initially setting 3:20 as her goal but the injuries and illness have her focusing on a time of 3:45.

Last year's Chicago Marathon drew 40,000 runners.

Steve Shutt


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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Lister paces Terrier women's cross country Saturday
Date: October 15, 2005 at 6:04 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Lister paces Terrier women's cross country Saturday
October 15, 2005**

Led by junior Ryn Lister, the Wofford women's cross country team placed 11th out of 15 schools Saturday at the Asics/Winthrop Fall Classic in Rock Hill, S.C.

Lister ran to a 50th-place time of 16:30.10 to pace the Terriers. Freshman Justina Oliva recorded a 66th-place result of 16:58.80, while senior Corey Wilson finished 87th with a time of 17:54.00.

Senior Ashley Adamson notched a 95th-place time of 18:16.60, while junior Mandy Mills finished the Wofford scorers with an 100th-place result of 18:25.20.

Also competing for the Terriers was freshman Sarah Whitener. She registered an 104th-place time of 18:59.20.

Stephanie Pezzullo, an unattached competitor, won the individual title with a time of 13:59.20 in the 4k race. Campbell won the team crown with a score of 32, while Wofford earned a team tally of 313.

The Terriers will next compete Sunday, Oct. 30, at the Southern Conference Championship in Statesboro, Ga.

Wofford Individuals:

- 50--Ryn Lister, 16:30.10
- 66--Justina Oliva, 16:58.80
- 87--Corey Wilson, 17:54.00
- 95--Ashley Adamson, 18:16.60
- 100--Mandy Mills, 18:25.20
- 104--Sarah Whitener, 18:59.20

Top-10 Individuals:

- 1--Stephanie Pezzullo (unattached), 13:59.20
- 2--Alicia Valtin (Campbell), 14:07.60
- 3--Jill Stapleton (Campbell), 14:26.80
- 4--Tara Dressler (Campbell), 14:56.60
- 5--Liz Smith (unattached), 15:04.90
- 6--Jen Oreck (Campbell), 15:10.90
- 7--Jane Daniels (unattached), 15:12.90
- 8--Emily Mase (UNC Asheville), 15:13.60
- 9--Carrie Selmer (Winthrop), 15:18.30
- 10--Brittany Thompson (Furman), 15:18.80

Team Scores:

- 1--Campbell, 32
- 2--Furman, 63
- 3--Winthrop, 99
- 4--The Citadel, 142
- 5--College of Charleston, 154
- 6--UNC Asheville, 156
- 7--Washington & Lee, 166
- 8--VMI, 201
- 9--Georgia Southern, 217
- 10--Radford, 258
- 11--Wofford, 313
- 12--South Carolina State, 331
- 13--Charleston Southern, 372
- 14--Benedict, 427
- 15--Morris, 429




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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Terrier men's cross country paced by Williams Saturday
Date: October 15, 2005 at 6:16 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Terrier men's cross country paced by Williams Saturday
October 15, 2005**

The Wofford men's cross country team, led by junior Chris Williams, ran to an 11th-place finish out of 15 schools Saturday at the Asics/Winthrop Fall Classic in Rock Hill, S.C.

Williams finished 99th with a time of 22:30.00, just ahead of teammate Kemp Anderson who completed the meet in an 101st-place time of 22:46.50.

Junior Andrew Powell was just over a second later crossing the finish line. He earned a 104th-place time of 22:58.90.

Freshman Tommy Weber was 106th with a time of 23:15.30.

Rounding out the Terrier scorers was Andrew Harris in 112th place. Harris posted a time of 24:16.20.

Freshman Brian Smith also competed and garnered a 119th-place result of 24:47.80.

VMI's Donnie Mickels won the individual title on the 6k course with a time of 18:54.00, while the Keydets won the team crown with 58 points. The Terriers tallied a team total of 376.

Wofford will next compete Sunday, Oct. 30, at the Southern Conference Championship in Statesboro, Ga.

Wofford Individuals:

99--Chris Williams, 22:30.00

101--Kemp Anderson, 22:46.50

104--Andrew Powell, 22:58.90

106--Tommy Weber, 23:15.30

112--Andrew Harris, 24:16.20

119--Brian Smith, 24:47.80

Top-10 Individuals:

1--Donnie Mickels (VMI), 18:54.00

2--Tyler Johnson (Furman), 18:58.10

3--Anthony Harris (VMI), 19:07.00

4--Nathan Johnson (Washington & Lee), 19:08.50

5--David Bell (UNC Asheville), 19:09.00

6--Jon Harmon (UNC Asheville), 19:10.80

7--Dawit Legesse (Radford), 19:12.30

8--Eric Albrecht (Furman), 19:13.40

9--Sam Robinson (Furman), 19:13.70

10--Brad Orr (Winthrop), 19:19.10

Team Scores:

1--VMI, 58

2--Furman, 75

3--Winthrop, 112

4--UNC Asheville, 115

5--Radford, 117

6--Washington & Lee, 133

7--College of Charleston, 160

8--Campbell, 169

9--The Citadel, 233

10--Coastal Carolina, 234

11--Wofford, 376

12--South Carolina State, 387

13--Charleston Southern, 403

14--Benedict, 406



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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Wofford cross country wrapup
Date: October 30, 2005 at 9:26 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



Powell sets pace at league meet for Terrier men's cross country

Junior Andrew Powell topped an injury-plagued campaign by shedding over five minutes off his season-best time to lead the Wofford men's cross country team to a 10th-place finish at the Southern Conference Championship Sunday. Powell finished 67th at a time of 29:51.60 to lead the Terriers on the 8k meet at the Southern Links Golf Club in Statesboro, Ga.

Classmate Chris Williams bettered his personal best by nearly 30 seconds with a 69th-place time of 29:57.69, while freshman Tommy Weber led a pack of Wofford runners from 72nd-to-75th places.

Weber completed the race in 72nd place with a personal-best time of 32:03.70, 22 seconds faster than his previous time. Andrew Harris finished 73rd after lowering his personal-best time by 1:53 to 32:30.02, while rookie Brian Smith earned a 74th-place result with a time of 33:38.26.

Rounding out the pack was Trey Antley with a time of 33:41.57 in 75th place. His time was 34 seconds faster than his previous personal-best effort.

"We had a solid effort and competitive drive among our top three," said head coach Andrea Stehman. "Powell did exceptionally well considering he sat out the first half of the season and came back with a huge race today."

Despite the 10th-place team finish, Wofford improved its team average by nearly three minutes. This year's average of 31:36.26 easily outdistanced last year's 34:23.48.

Wofford Individuals:

67--Andrew Powell, 29:51.60

69--Chris Williams, 29:57.69

72--Tommy Weber, 32:03.70

73--Andrew Harris, 32:30.02

74--Brian Smith, 33:38.26

75--Trey Antley, 33:41.57

Top-10 Individuals (All-Southern Conference selections):

1--Ian Mayne (Chattanooga), 24:37.25

2--Adam VanNortwick (Appalachian State), 24:45.00

3--Tyler Johnson (Furman), 25:06.62

4--Jeff Taylor (Chattanooga), 25:10.83

5--Adam Puett (Western Carolina), 25:14.07

6--Nathan Hernandez-Adams (Appalachian State), 25:23.11

7--Brian Deal (Appalachian State), 25:27.84

8--Eric Albrecht (Furman), 25:31.14

9--Brendon Helms (Appalachian State), 25:33.74

10--Mike Mitchell (Appalachian State), 25:34.30

Team Standings:

1--Appalachian State, 34

2--Chattanooga, 67

3--Furman, 84

4--Davidson, 106

5--UNC Greensboro, 151

6--Western Carolina, 154

7--Elon, 164

8--College of Charleston, 175

9--The Citadel, 234

10--Wofford, 313

Bosshardt paces Wofford women's cross country at league meet

Wofford sophomore Lauren Bosshardt established a new personal-best time by 14 seconds in earning a 51st-place result Sunday at the Southern Conference Championship in women's cross country action.

Bosshardt led the Terriers, who placed 11th in the team standings, with a time of 20:10.64 on the 5k course at the Southern Links Golf Club.

Freshman Justina Oliva bettered her personal best by a 1:22 with a 59th-place time of 20:27.33, while junior Ryn Lister's time of 20:34.45 for 64th place was 43 seconds faster than her personal best.

Edging her personal best by seven seconds at 20:43.90 was senior Jaya Abraham in 68th place.

Fellow seniors Rachel Smithson and Corey Wilson notched season-best times of 21:44.64 and 22:00.18 for 80th and 84th places, respectively.

Ashley Adamson, who was competing in a 5k meet for the first time in over a year, set a season-best time of 22:13.58 to finish 86th, one place ahead of teammate Sarah Whitener. Whitener topped her personal best by 1:46 with an 87th-place result of 22:29.75.

Rounding out the Terriers was junior Mandy Mills in 89th place with a time of 23:28.92.

"We accomplished our most fantastic effort yet," said head coach Andrea Stehman. "It definitely was the best I have ever seen out of this team."

The average time was 20:44.20, over a minute faster than last year's pace of 21:49.03.

Wofford Individuals:

51--Lauren Bosshardt, 20:10.64

59--Justina Oliva, 20:27.33

64--Ryn Lister, 20:34.45

68--Jaya Abraham, 20:43.90
80--Rachel Smithson, 21:44.64
84--Corey Wilson, 22:00.18
86--Ashley Adamson, 22:13.58
87--Sarah Whitener, 22:29.75
89--Mandy Mills, 23:28.92
Top-10 Individuals (All-Southern Conference selections):
1--Shannon Wommack (Chattanooga), 16:53.47
2--Brenna Burns (Davidson), 17:48.93
3--Allie Martin (Davidson), 18:01.55
4--Ellen Davis (Chattanooga), 18:16.60
5--Megal Atias (Davidson), 18:19.78
6--Kasey Smith (Appalachian State), 18:24.37
7--Meghan Gaffney (Appalachian State), 18:38.99
8--Alana Black (Elon), 18:40.18
9--Rebecca Mullen (Furman), 18:41.11
10--Sabrina LeFort (Chattanooga), 18:44.15
Team Standings:
1--Davidson, 46
2--Chattanooga, 47
3--Appalachian State, 75
4--Furman, 105
5--Elon, 130
6--UNC Greensboro, 163
7--College of Charleston, 215
8--Western Carolina, 230
9--The Citadel, 231
10--Georgia Southern, 257
11--Wofford 293



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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Wofford women's cross country concludes season
Date: November 14, 2005 at 2:30 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Wofford women's cross country concludes season
November 14, 2005**

The Wofford women's cross country program completed its first season under head coach Andrea Stehman by sending three runners to the NCAA Southeast Regional Meet last Saturday in Greenville, N.C. Each of the three competitors registered a career-best 6k time, while two posted their top splits during the first 5k portion of the race.

"The focus was to see what is in store for our future," said Stehman. "It was all about individual effort."

Recording a time of 24:08.3 was sophomore Lauren Bosshardt in 158th place.

Senior Jaya Abraham, competing in her final collegiate event, finished 178th with a time of 24:33.6.

Also posting a time of 25:15.2 in 192nd place was junior Ryn Lister.

No team score was registered due to just three runners representing the Terriers.



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