

Armstrong Atlantic State University

1999 Men's and Women's Cross Country Results

	GSU Twilight	Pre-PBAC @ UNCP	Winthrop Inv.	USCS Invit.	Disney Classic	GSU Invit.	PBAC Champ	NCAA Regional
Men								
Mike Bell	23:35/37th	31:00.9/54th	33:38/58th	DNR	DNR	DNR	DNR	DNR
Robert Crenshaw	20:43/7th	27:46.8/16th	26:58/5th	34:30.69/19th	29:04.8/36th	26:35.11/7th	27:04.3/19th	34:44.69/33rd
Gary Ginn	20:59/10th	27:09.3/9th	26:50/3rd	34:57.82/28th	28:15.41/21st	26:01.95/4th	26:41.5/16th	34:41.29/32nd
Drew Korenvaes	DNR	29:54.4/44th	30:44/43rd	37:46.39/82nd	31:10.10/78th	29:28.55/23rd	29:20.1/54th	38:12.09/125th
Tony Menendez	21:01/13th	27:40.3/15th	28:01/11th	34:56.01/27th	29:02.64/35th	26:58.13/9th	27:23.2/23rd	35:54.78/62nd
Paul McRae	19:45/1st	25:11.9/1st	25:18/1st	32:41.33/3rd	27:39.65/11th	25:36.29/1st	26:02.6/6th	33:22.30/13th
Michael Ray	22:06/23rd	29:31.5/37th	DNR	DNR	DNR	DNR	32:07.7/75th	DNR
Brant Speed	22:27/27th	30:27.7/48th	30:24/39th	40:58.13/113th	33:13.94/111th	29:39.75/24th	30:15.2/67th	38:18.52/128th
Team	1st	3rd	1st	6th	7th	2nd	4th	9th

	GSU Twilight	Pre-PBAC @ UNCP	Winthrop Inv.	USCS Invit.	Disney Classic	GSU Invit.	PBAC Champ	NCAA Regional
Women								
Nikki Garland	13:50/1st	17:54.3/1st	17:43/1st	22:00.13/2nd	18:59.45/2nd	17:28.00/1st	18:29.7/2nd	22:38.41/5th
Melanie Clarke	15:09/12th	19:35.7/3rd	19:46/3rd	23:41.96/8th	20:41.38/26th	19:28.05/3rd	19:26.3/7th	22:51.32/6th
Jillian Charles	15:33/19th	20:57.4/11th	20:46/12th	24:38/97/16th	21:31.00/57th	19:53.79/8th	19:33.0/10th	24:23.05/32nd
Amanda Lagesse	16:23/25th	21:10.7/14th	21:22/23rd	26:03.94/45th	22:51.01/105th	20:20.42/14th	21:13.1/30th	26:27.07/99th
Laura Pell	18:29/57th	24:41.2/34th	DNR	29:16.13/79th	DNR	DNR	24:16.6/57th	28:43.01/132nd
Katie Graham	DNR	21:49.7/18th	23:07/36th	26:22.89/47th	21:49.75/70th	20:52.01/18th	21:32.8/33rd	DNR
M.C. Ostiguy	DNR	DNR	DNR	DNR	DNR	DNR	21:26.6/32nd	25:38.29/80th
Team	4th	1st	2nd	2nd	7th	1st	3rd	6th

Cross Country Honor Roll

Men's

All-Conference

South Atlantic:

Pat O'Brien, 1973
Newt Brown, 1973
Payson Daugherty, 1974

Big South:

Jim Brown, 1984

Peach Belt:

Patrick Babula, 1991-93
Bobby Sprinkel, 1993
Germaine Brown, 1995, 1997
Chris Boyce, 1996-97
Gary Ginn, 1998-99
Paul McRae, 1999

All-Southeast Region

Germaine Brown, 1995
Chris Boyce, 1996
Paul McRae, 1999

Women's

All-PBAC

Carol Wilson, 1991
Dawn Davis, 1991
Marva Lindsay, 1994
Julie Wimer-Long, 1995-96
Nikki Garland, 1997-99
Katie Graham, 1998

Amy Ross, 1991-92
Gabi Hauck, 1993-94
Patty Kaplan, 1995-96
Margaret Marshall, 1995
Melanie Clarke, 1998-99
Jillian Charles, 1999

All-Southeast Region

Gabi Hauck, 1993-94
Julie Wimer-Long, 1996
Melanie Clarke, 1999
Patty Kaplan, 1995
Nikki Garland, 1997-99

Academic All-America

NCAA DII Coaches' GTE District III
Gabi Hauck, 1993-94 Gabi Hauck, 1993-94

Individual Qualifiers For Nationals

Gabi Hauck, 1994
Patty Kaplan, 1995
Nikki Garland, 1997

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Armstrong Atlantic State University



1999-2000 Cross Country



PBAC Coach of the Year

Eddie Aenchbacher, 1991
Greg Wimer, 1995

AASU President's Cup Winner

Gabi Hauck, 1994-95



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Armstrong Atlantic State's men's cross country squad turned in a successful 1999 campaign, capturing two event titles - the Georgia Southern Opener and the Winthrop Invitational - and finishing fourth at the Peach Belt Athletic Conference Championships and ninth at the NCAA Division II Southeast Regional.



AASU Men's Cross Country Team: Back Row (l-r): Michael Bell, Brant Speed, Michael Ray, Tony Menendez, Head Coach Greg Wimer. Front Row (l-r): Drew Korenvaes, Paul McRae, Robert Crenshaw, Gary Ginn.

Senior Gary Ginn capped off a fine Pirate career by earning All-PBAC honors for the third consecutive year. Ginn finished 16th at the PBAC Championships and turned in four other Top 10 finishes during the season, including a third-place finish at the Winthrop Invitational.

No runner in the Peach Belt, or the Southeast Region, enjoyed a better debut than freshman Paul McRae. The New Zealander won his first three collegiate races and captured four individual titles during the season, including setting a course record at the Pre-PBAC Championships in Lumberton, N.C. McRae earned All-PBAC honors with a sixth-place finish at the PBAC Championships and also earned All-Region honors with a 13th-place finish at the NCAA Division II Southeast Regional. McRae was also honored by the conference as the Peach Belt's Freshman of the Year.

Junior Robert Crenshaw and senior Tony Menendez turned in solid seasons as well for the Pirates. Crenshaw notched three top 10 finishes, including a best of fifth at the Winthrop Invitational, and Menendez had four finishes in the top 15.

The season began on a high note as the Pirates took the Georgia Southern Opener on Sept. 3, defeating PBAC rivals North Florida and Clayton College & State. AASU would finish third at the Pre-PBAC Championships in Lumberton, N.C., then capture its second title of the season at the Winthrop Invitational. The Pirates would then turn in a sixth-place finish at the USC Spartanburg Invitational and a seventh-place finish at the prestigious Disney Cross Country Classic in Orlando, Fla., before tuning up for the postseason with a second-place finish at the Georgia Southern Invitational.

At the PBAC Championships, McRae, Ginn and Crenshaw would lead the Pirates to a fourth-place finish, each finishing in the top 20. AASU accumulated 116 points, finishing behind team champion Kennesaw State, Columbus State and North Florida. The Pirates then wrapped up the season with a ninth-place finish at the NCAA Division II Southeast Regional, finishing the meet with 258 points. AASU finished the 1999 season ranked seventh in the Southeast Region, according to the NCAA Division II Coaches' Poll.

Greg Wimer Head Coach

Head Coach Greg Wimer is in his fifth year as the men's and women's cross country and track coach at Armstrong Atlantic State University.

While at AASU, the cross country teams have qualified three individual runners for the NCAA National Championships and have finished in the top ten in the Southeast Region for five consecutive seasons.

Wimer joined the staff at Armstrong Atlantic State in 1994 from Ohio State University, where he received his Ph.D in exercise physiology.

He earned his B.S. in biology from the University of South Carolina in 1985 and his M.S. in exercise physiology from USC in 1989. While at USC, he lettered in cross country and track and field twice each, earning most valuable runner honors in cross country in 1984. He also lettered in cross country at the University of Florida in 1980.

At Irmo (SC) High School, Wimer was named a Kinney (Foot Locker) National Cross Country Finalist in 1979, finishing 26th. His current PR's are 31:20 (10K) and 14:50 (5K).



AASU Cross Country Rosters Men

Name	Year	Hometown
Mike Bell	Freshman	Rincon, Ga.
Robert Crenshaw	Junior	Elberton, Ga.
Gary Ginn	Senior	Oxford, Ga.
Drew Korenvaes	Freshman	Tampa, Fla.
Paul McRae	Freshman	Auckland, N.Z.
Tony Menendez	Senior	Elberton, Ga.
Michael Ray	Freshman	Rincon, Ga.
Brant Speed	Freshman	Tampa, Fla.

Women

Name	Year	Hometown
Jillian Charles	Freshman	Thomson, Ga.
Melanie Clarke	Sophomore	Martinez, Ga.
Nikki Garland	Junior	Valdosta, Ga.
Katie Graham	Senior	Savannah, Ga.
Amanda Lagesse	Junior	Hampton, Va.
Laura Pell	Senior	Fairburn, Ga.

The AASU women's cross country squad enjoyed a fine 1999 season, capturing two event titles and achieving a national ranking in the NCAA Division II Cross Country Top 25 for the first time in school history, helped by the addition of assistant cross country coach **Bridget Cobb**, who joined the Pirate coaching staff this season after a four-year stint at Northwestern State (La.) and a stellar collegiate career at Texas A&M Commerce, AASU capped off the season with a strong third-place finish at the PBAC Championships and a sixth-place finish at the NCAA Division II Southeast Regional.

A big part of the success of the women's team starts up front with junior Nikki Garland. A two-time All-PBAC and All-Region runner, Garland added each of those honors again in 1999 with a runner-up finish at the PBAC Championships and a fifth-place finish at the Southeast Regional. Garland enjoyed a stellar regular season, winning individual titles in four of six events, including setting a course record in Lumberton, N.C., at the Pre-PBAC meet.

Sophomore Melanie Clarke followed up her outstanding freshman year with a solid second year on the courses, earning All-PBAC honors for the second year in a row and also adding All-Region honors for the first time with a sixth-place finish at the Southeast Regional. Clarke also notched three third-place overall finishes this season.

Bursting onto the scene for the Lady Pirate runners, freshman Jillian Charles enjoyed a standout first campaign for AASU, earning Peach Belt Athletic Conference Freshman of the Year honors for her 10th-place finish at the conference championships. Charles added three other top 12 performances during the season.

The 1999 season began with a fourth-place finish at the Georgia Southern Opener, but the following week, the Lady Pirates captured the Pre-PBAC Championship title in Lumberton, N.C. Second place finishes at the Winthrop Invitational and USC Spartanburg Invitational followed, then the Lady Pirates finished seventh in the prestigious Disney Cross Country Classic in Orlando, Fla. AASU would capture the Georgia Southern Invitational title and the win would push AASU to 25th in the NCAA Division II Cross Country Coaches' Top 25 poll, the first-ever national ranking for the Lady Pirates.

At the PBAC Championships, Garland, Clarke and Charles all finished in the Top 10 as the Lady Pirates accumulated 81 points, good for third place. Garland and Clarke continued their strong running in the NCAA Division II Southeast Regional, finishing fifth and sixth, respectively, en route to 216 points and a sixth-place finish.



AASU Women's Cross Country Team: Back Row (l-r): Katie Graham, Amanda Lagesse, Laura Pell, Assistant Coach Bridget Cobb. Front Row (l-r): Melanie Clarke, Nikki Garland, Jillian Charles.