Armstrong Atlantic State University

1999 Men's and Women's Cross Country Results

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GSU Pre-PBAC Winthrop USCS Disney GSU PBAC NCAA
1st 3rd 1st 6th 7th 2nd 4th 9th

Men

Mike Bell 23:35/7th 31:00/94th 33:30/95th 26:50/33th 27:04/319th 26:35/57th 37:04/391st

Team 1st 3rd 1st 6th 7th 2nd 4th 9th

Women

Nikki Garland 13:50/1st 17:54/1st 17:43/1st 22:00/2nd 18:59/2nd 17:28/1st 18:29/2nd 22:38/415th

Team 4th 1st 2nd 7th 1st 3rd 6th 9th

Men's All-Conference

South Atlantic:
Pat O'Brien, 1973
Newt Brown, 1993
Payson Daugherty, 1994
Big South:
Jim Brown, 1984

Peach Belt:
Patrick Babula, 1991-93
Bobby Sprinkel, 1993
Chris Boyce, 1996-97
Gary Ginn, 1998-99
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

All-Southeast Region

Germaine Brown, 1995
Patty Kaplan, 1995
Julie Wimer-Long, 1996
Melanie Clarke, 1999

All-Southeast Region

Germaine Brown, 1995
Patty Kaplan, 1995
Julie Wimer-Long, 1996
Melanie Clarke, 1999

Academic All-America

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

Individual Qualifiers For Nationals

Gabi Hauck, 1994-95
Patty Kaplan, 1995
Nikki Garland, 1997-99
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).

The 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 Korevaars, Paul McRae, Robert Crenshaw, Gary Ginn.

AASU’s Cross Country Rosters

Men

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mike Bell</td>
<td>Freshman</td>
<td>Rincon, Ga.</td>
</tr>
<tr>
<td>Robert Crenshaw</td>
<td>Junior</td>
<td>Elberton, Ga.</td>
</tr>
<tr>
<td>Drew Korevaars</td>
<td>Freshman</td>
<td>Tampa, Fla.</td>
</tr>
<tr>
<td>Paul McRae</td>
<td>Freshman</td>
<td>Auburn, N.Z.</td>
</tr>
<tr>
<td>Tony Menendez</td>
<td>Senior</td>
<td>Elberton, Ga.</td>
</tr>
<tr>
<td>Michael Ray</td>
<td>Freshman</td>
<td>Rincon, Ga.</td>
</tr>
<tr>
<td>Brant Speed</td>
<td>Freshman</td>
<td>Tampa, Fla.</td>
</tr>
</tbody>
</table>

Women

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jillian Charles</td>
<td>Freshman</td>
<td>Thomson, Ga.</td>
</tr>
<tr>
<td>Melanie Clarke</td>
<td>Sophomore</td>
<td>Martinez, Ga.</td>
</tr>
<tr>
<td>Katie Graham</td>
<td>Senior</td>
<td>Savannah, Ga.</td>
</tr>
<tr>
<td>Amanda Lagesse</td>
<td>Junior</td>
<td>Hampton, Va.</td>
</tr>
<tr>
<td>Laura Pell</td>
<td>Senior</td>
<td>Fairburn, Ga.</td>
</tr>
</tbody>
</table>

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 Northwest 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.