

2012 Season Review



2012 Year In Review



Women Win Championship First Year in the Sun Belt

ATLANTA — The 2012 season will be remembered as the year the women's cross country team captured the first Sun Belt championship in Georgia State program history.

Despite being slotted to finish seventh in the Sun Belt preseason coaches' poll, the Panthers made an immediate splash by winning the conference title in their first try. GSU brought home a handful of hardware from Bowling Green, Ky. following the conference meet on Oct. 27.

In addition to the team title, Katharine Showalter was named the Sun Belt Runner of the Year and Chris England was named Coach of the Year.

"We wanted to be ambassadors for the rest of the Georgia State programs," said England. "We hope that this acts as a springboard for the rest of the individual sports and give hope for the team sports who have to wait for next year to join the Sun Belt. We just want to make everyone proud to be a part of GSU."

Cross country was the first program to represent the Panthers in a Sun Belt competition since the school announced a move to the league in July 2012.

Although GSU team sports will not be eligible to compete in the Sun Belt until the 2013-14 season, individual sports like cross country were able to join early this season.

The men's team finished seventh out of 12 teams at the Sun Belt meet, led by Poncelet's fifth-place finish.

Tyler Tomy (25th) and Carlos Galindo (29th) also added top-30 finishes for Georgia State, who finished only 16 points out of fourth place. The men were picked to finish fifth by the preseason coaches' poll.

Five Panthers were named to All-Conference teams. Showalter and Hannah Stefanoff were named to the All-Sun Belt first team for the women, while Poncelet did so for the men.

Representing the Panthers on the women's third team All-Conference were Niamh Kearney and Jennifer Rubel.

2012 Awards and Accolades

SUN BELT CHAMPIONSHIPS FINISH

Women — 1st out of 12 teams
Men — 7th out of 12 teams

SUN BELT RUNNER OF THE YEAR

Katharine Showalter

SUN BELT COACH OF THE YEAR

Chris England

ALL-SUN BELT

W First Team — Katharine Showalter (1st), Hannah Stefanoff (5th)
M First Team — Valentin Poncelet (5th)
W Third Team — Niamh Kearney (12th), Jennifer Rubel (14th)

SUN BELT RUNNERS OF THE WEEK

Katharine Showalter (Sept. 5, Sept. 12, Sept. 26, Oct. 10, Oct. 17)
Valentin Poncelet (Sept. 26)
Austin Boetje (Oct. 10)

NCAA SOUTH REGIONALS FINISH

Women — 11th of 29 teams
Men — 17th out of 26 teams

ALL-REGION (TOP 25 FINISHERS AT REGIONALS)

Katharine Showalter (12th)

NCAA NATIONAL CHAMPIONSHIP

Katharine Showalter (166th)

2012 Year In Review

Showalter put together one of the best individual seasons in program history, becoming just the fourth female runner to qualify for a spot in the NCAA Championship race after coming in 12th at the Region meet.

At the national championship, Showalter placed 166th out of 253 runners. Her 6K time of 21:13.79 was the second fastest for a Georgia State competitor at the national meet.

"Any time you have someone competing in the national championship, it brings positive attention to your program," said England. "Katharine really made a commitment to improve her training. She put in the hard work all year and made a lot of sacrifices."

The women's team topped out at No. 8 in the USTFCCA South Region rankings after being ranked all eight weeks during the season.

At the NCAA South Region meet, the women's team finished 11th out of 29 teams, while the men came in 17th of 26.

During the course of the eight-meet season, the women's team captured four team victories, while the men took home two. The women recorded a perfect score of 15 during two of these victories and came close by scoring 16 at a third.

Individually, Showalter finished in first place during five of those meets, while Austin Boetje did so twice.

Both teams defended their home turf at the 37th annual GSU Invite, the Panthers' lone home meet of the season. The meet took place on Sept. 8 at Nash Farm Battlefield in Hampton, Ga.

Showalter secured five Sun Belt Runner of the Week awards out of seven opportunities during the season. The men's team had two such award winners in Poncelet and Boetje. These seven conference weekly honors is a single-season high for the program, besting the six awards earned last season.

"The program over the last few years is only going in one direction and that is up," said England. "When I took over at Georgia State three years ago, I had my work cut out for me. Each year the teams keep improving. We'll just look to keep moving forward."



Katharine Showalter

Georgia State hopes that this early success can springboard the Panthers into their new conference. The GSU runners will soon have another chance to make an impact in the Sun Belt as they start competing in track and field during the 2013 season.

"The culture of the team is changing," said England. "We will transition that motivation to the rest of the program. I know the track and field team is happy for the cross country team, but they also want to do their part and contribute to winning championships for Georgia State."

Team Schedule and Results

Date	Race	Location	Distance	Team Score	Place
Friday, Aug. 31	Clemson Invitational	Clemson, S.C.	5K	39 — 1, 5, 10, 11, 12 (13) (14)	2nd/2
			5K	44 — 3, 8, 10, 11, 12	2nd/2
Saturday, Sept. 08	GSU Invitational	Hampton, Ga.	4K	15 — 1, 2, 3, 4, 5 (14) (17)	1st/4
			6K	40 — 1, 2, 5, 13, 19	1st/4
Saturday, Sept. 15	Commodore Classic	Nashville, Tenn.	6K	214 — 19, 20, 28, 61, 86 (100) (109)	8th/24
			8K	463 — 46, 59, 95, 125, 138 (140)	18th/24
Saturday, Sept. 22	West Georgia Invite	Carrollton, Ga.	5K	16 — 1, 2, 3, 4, 6 (10) (40)	1st/10
			8K	56 — 2, 4, 5, 17, 28 (31)	2nd/10
Friday, Oct. 5	Jaguar Invite	Evans, Ga.	6K	15 — 1, 2, 3, 4, 5 (6) (38)	1st/9
			8K	25 — 1, 3, 4, 5, 13 (18) (38)	1st/11
Saturday, Oct. 13	Chile Pepper Invitational	Fayetteville, Ark.	6K	353 — 5, 32, 88, 106, 122 (123)	12th/43
			10K	503 — 26, 73, 90, 113, 201 (202)	19th/34
Saturday, Oct. 27	Sun Belt Championship	Bowling Green, Ky.	5K	52 — 1, 5, 12, 14, 20 (27) (76)	1st/12
			8K	155 — 5, 25, 29, 41, 55 (58) (65)	7th/12
Saturday, Nov. 9	NCAA South Regional	Tallahassee, Fla.	6K	351 — 12, 49, 70, 91, 129 (134) (188)	12th/29
			10K	443 — 58, 60, 79, 90, 156 (162)	17th/26
Saturday, Nov. 17	NCAA National Championship	Louisville, Ky.	6K	Katharine Showalter	166th/253

2012 Individual Results

Women's Results

ALISON BISHOP

Clemson Invite.....	20:21	5K	17th
GSU Invite.....	16:30.51	4K	16th
Commodore Classic.....	24:09.35	6K	121st
West Georgia Invite.....	18:58.92	5K	10th
Jaguar Invite.....	24:45.92	6K	4th
Chile Pepper Invite.....	23:38.4	6K	134th
Sun Belt Championship.....	19:16.0	5K	27th
NCAA South Regional.....	22:57.1*	6K	138th

NIAMH KEARNEY

Clemson Invite.....	19:39	5K	14th
GSU Invite.....	15:34.69	4K	4th
Commodore Classic.....	23:02.39	6K	66th
West Georgia Invite.....	18:29.94*	5K	4th
Jaguar Invite.....	24:51.63	6K	6th
Chile Pepper Invite.....	23:19.1	6K	116th
Sun Belt Championship.....	18:41.5	5K	12th
NCAA South Regional.....	21:59.8*	6K	94th

SARAH MCCARTHY

Clemson Invite.....	19:35	5K	13th
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KATIE PAPESH

Clemson Invite.....	24:11	5K	22nd
GSU Invite.....	18:29.31	4K	36th
Commodore Classic.....	27:54.35	6K	200th
West Georgia Invite.....	22:30.21	5K	45th
Jaguar Invite.....	29:41.54	6K	38th
Sun Belt Championship.....	23:14.7	5K	79th
NCAA South Regional.....	27:24.5	6K	205th

JENNIFER RUBEL

Clemson Invite.....	19:30	5K	12th
GSU Invite.....	15:15.05*	4K	2nd
Commodore Classic.....	22:06.25	6K	21st
West Georgia Invite.....	18:02.46*	5K	2nd
Jaguar Invite.....	23:37.83	6K	2nd
Chile Pepper Invite.....	23:03.6	6K	97th
Sun Belt Championship.....	18:47.7	5K	14th
NCAA South Regional.....	21:44.6*	6K	72nd

KATHARINE SHOWALTER

Clemson Invite.....	18:33	5K	1st
GSU Invite.....	14:46.36*	4K	1st
Commodore Classic.....	21:57.17	6K	20th
West Georgia Invite.....	17:15.47*	5K	1st
Jaguar Invite.....	23:09.52	6K	1st
Chile Pepper Invite.....	21:07.8	6K	6th
Sun Belt Championship.....	17:41.1	5K	1st
NCAA South Regional.....	20:28.6*	6K	12th
NCAA Championship.....	21:13.79	6K	166th

ANNA SINCLAIR

Clemson Invite.....	20:12	5K	16th
GSU Invite.....	16:02.84	4K	5th
Commodore Classic.....	23:43.54	6K	101st
West Georgia Invite.....	18:43.22*	5K	6th
Jaguar Invite.....	24:46.66	6K	5th
Chile Pepper Invite.....	23:38.5	6K	135th
Sun Belt Championship.....	18:59.2	5K	20th
NCAA South Regional.....	23:03.7	6K	134th

KELSEY SPINKS

Clemson Invite.....	21:16	5K	21st
GSU Invite.....	16:52.72	4K	24th
Commodore Classic.....	24:24.01	6K	133th

HANNAH STEFANOFF

Clemson Invite.....	19:06	5K	5th
GSU Invite.....	15:25.17	4K	3rd
Commodore Classic.....	22:17.49	6K	29th
West Georgia Invite.....	18:21.39	5K	3rd
Jaguar Invite.....	23:41.18	6K	3rd
Chile Pepper Invite.....	22:10.2	6K	36th
Sun Belt Championship.....	18:12.7*	5K	5th
NCAA South Regional.....	21:18.3*	6K	50th

Men's Results

AUSTIN BOETJE

GSU Invite.....	19:57.57*	6K	1st
Jaguar Invite.....	25:29.87*	8K	1st
Chile Pepper Invite.....	33:05.7	10K	112th
Sun Belt Championship.....	27:14.9	8K	42nd
NCAA South Regional.....	32:18.0*	10K	60th

CARLOS GALINDO

Clemson Invite.....	16:19	5K	8th
GSU Invite.....	20:24.75	6K	5th
Commodore Classic.....	26:10.76	8K	64th
West Georgia Invite.....	24:39.43*	8K	5th
Jaguar Invite.....	26:06.20	8K	3rd
Chile Pepper Invite.....	32:52.4*	10K	94th
Sun Belt Championship.....	26:34.6	8K	29th
NCAA South Regional.....	33:05.1	10K	90th

JUSTIN PHILIP

Clemson Invite.....	17:40	5K	17th
GSU Invite.....	21:35.58	6K	15th
Commodore Classic.....	27:48.73	8K	145th
West Georgia Invite.....	25:59.31*	8K	18th
Jaguar Invite.....	28:11.31	8K	18th
Sun Belt Championship.....	28:32.9	8K	60th
NCAA South Regional.....	35:54.0*	10K	165th

VALENTIN PONCELET

Clemson Invite.....	16:06	5K	3rd
GSU Invite.....	20:12.98	6K	2nd
Commodore Classic.....	25:58.90	8K	49th
West Georgia Invite.....	24:14.97*	8K	2nd
Jaguar Invite.....	26:06.34	8K	4th
Chile Pepper Invite.....	31:50.5	10K	35th
Sun Belt Championship.....	25:23.7	8K	5th
NCAA South Regional.....	32:16.6	10K	58th

TYLER TOMY

Clemson Invite.....	17:29	5K	15th
Commodore Classic.....	26:59.82	8K	110th
West Georgia Invite.....	24:42.20	8K	6th
Jaguar Invite.....	26:16.50	8K	5th
Chile Pepper Invite.....	33:26.4	10K	139th
Sun Belt Championship.....	26:12.9	8K	25th
NCAA South Regional.....	32:45.7*	10K	81st

TREVOR TURNER

Clemson Invite.....	17:38	5K	16th
GSU Invite.....	22:38.04	6K	27th
Commodore Classic.....	28:58.95	8K	167th
West Georgia Invite.....	27:18.78	8K	32nd
Jaguar Invite.....	27:37.47	8K	13th
Chile Pepper Invite.....	36:49.1	10K	281st
Sun Belt Championship.....	28:06.3	8K	57th
NCAA South Regional.....	36:51.9	10K	173rd

MICHAEL WARRICK

Commodore Classic.....	29:04.75	8K	170th
West Georgia Invite.....	27:13.14	8K	29th
Jaguar Invite.....	29:40.13	8K	38th
Chile Pepper Invite.....	36:48.4	10K	280th
Sun Belt Championship.....	29:12.4	8K	68th

*Personal Records

2012 Meet-by-Meet Results

Clemson Invitational Clemson, S.C. • Fri. Aug. 31

Women (5K)

2nd place out of 2 teams

1	Katharine Showalter	18:33
5	Hannah Stefanoff	19:06
12	Jennifer Rubel	19:30
13	Sarah McCarthy	19:35
14	Niamh Kearney	19:39
16	Anna Sinclair	20:12
17	Alison Bishop	20:21
21	Kelsey Spinks	21:16
22	Katie Papesh	24:11

Men (5K)

2nd out of 2 teams

3	Valentin Poncelet	16:06
8	Carlos Galindo	16:19
15	Tyler Tomy	17:29
16	Trevor Turner	17:38
17	Justin Philip	17:40

Georgia State Invitational Hampton, Ga • Sat. Sept. 08

Women (4K)

1st out of 4 teams

1	Katharine Showalter	14:46.36
2	Jennifer Rubel	15:15.05
3	Hannah Stefanoff	15:25.17
4	Niamh Kearney	15:34.69
5	Anna Sinclair	16:02.84
16	Alison Bishop	16:30.51
24	Kelsey Spinks	16:52.72
36	Katie Papesh	18:29.31

Men (6K)

1st out of 4 teams

1	Austin Boetje	19:57.57
2	Valentin Poncelet	20:12.98
5	Carlos Galindo	20:24.75
15	Justin Philip	21:35.58
27	Trevor Turner	22:38.04

Commodore Classic Nashville, Tenn. • Sat. Sept. 15

Women (6K Gold Race)

8th place out of 24 teams

20	Katharine Showalter	21:57.17
21	Jennifer Rubel	22:06.25
29	Hannah Stefanoff	22:17.49
66	Niamh Kearney	23:02.39
101	Anna Sinclair	23:43.54
121	Alison Bishop	24:09.35
133	Kelsey Spinks	24:24.01
200	Katie Papesh	27:54.35

Men (8K Gold Race)

18th out of 24 teams

49	Valentin Poncelet	25:58.90
67	Carlos Galindo	26:10.76
110	Tyler Tomy	26:59.82
145	Justin Philip	27:48.73
167	Trevor Turner	28:58.95
170	Michael Warrick	29:04.75

West Georgia Invitational Carrollton, Ga. • Sat. Sept. 22

Women (5K)

1st out of 10 teams

1	Katharine Showalter	17:15.47
2	Jennifer Rubel	18:02.46
3	Hannah Stefanoff	18:21.39
4	Niamh Kearney	18:29.94
6	Anna Sinclair	18:43.22
10	Alison Bishop	18:58.92
45	Katie Papesh	22:30.21

Men (8K)

2nd out of 10 teams

2	Valentin Poncelet	24:14.97
5	Carlos Galindo	24:39.43
6	Tyler Tomy	24:42.20
18	Justin Philip	25:59.31
29	Michael Warrick	27:13.14
32	Trevor Turner	27:18.78

Jaguar Invitational Evans, Ga. • Sat. Oct. 05

Women (6K)

1st out of 9 teams

1	Katharine Showalter	23:09.52
2	Jennifer Rubel	23:37.83
3	Hannah Stefanoff	23:41.18
4	Alison Bishop	24:45.92
5	Anna Sinclair	24:46.66
6	Niamh Kearney	24:51.63
38	Katie Papesh	29:41.54

Men (8K)

1st out of 11 teams

1	Austin Boetje	25:29.87
3	Carlos Galindo	26:06.20
4	Valentin Poncelet	26:06.34
5	Tyler Tomy	26:16.50
13	Trevor Turner	27:37.47
18	Justin Philip	28:11.31
38	Michael Warrick	29:40.13

Chile Pepper Invitational Fayetteville, Ark. • Sat. Oct. 13

Women (6K)

12th out of 43 teams

6	Katharine Showalter	21:07.8
36	Hannah Stefanoff	22:10.2
97	Jennifer Rubel	23:03.6
116	Niamh Kearney	23:19.1
134	Alison Bishop	23:28.4
135	Anna Sinclair	23:38.5

Men (10K)

19th out of 34 teams

35	Valentin Poncelet	31:50.5
94	Carlos Galindo	32:52.4
112	Austin Boetje	33:05.7
139	Tyler Tomy	33:26.4
280	Michael Warrick	36:48.4
281	Trevor Turner	36:49.1

Sun Belt Championship Bowling Green, Ky. • Sat. Oct. 27

Women (5K)

1st out of 12 teams

1	Katharine Showalter	17:41.1
5	Hannah Stefanoff	18:12.7
12	Niamh Kearney	18:41.5
14	Jennifer Rubel	18:47.7
20	Anna Sinclair	18:59.2
27	Alison Bishop	19:16.0
79	Katie Papesh	23:14.7

Men (8K)

7th out of 12 teams

5	Valentin Poncelet	25:23.7
25	Tyler Tomy	26:12.9
29	Carlos Galindo	26:34.6
41	Austin Boetje	27:14.9
57	Trevor Turner	28:06.3
60	Justin Philip	28:32.9
68	Michael Warrick	29:12.4

NCAA South Regional Tallahassee, Fla. • Sat. Nov. 9

Women (6K)

11th out of 29 teams

12	Katharine Showalter	20:28.6
50	Hannah Stefanoff	21:18.3
72	Jennifer Rubel	21:44.6
94	Niamh Kearney	21:59.8
138	Alison Bishop	22:57.1
144	Anna Sinclair	23:03.7
205	Katie Papesh	27:24.5

Men (10K)

17th out of 26 teams

59	Valentin Poncelet	32:16.6
61	Austin Boetje	32:18.0
81	Tyler Tomy	32:45.7
95	Carlos Galindo	33:05.1
165	Justin Philip	35:54.0
173	Trevor Turner	36:51.9

NCAA National Championship Louisville, Ky. • Sat. Nov. 17

Women (6K)

166	Katharine Showalter	21:13.79
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TEAM MEET VICTORIES

Women at GSU Invite, West Georgia Invite, Jaguar Invite and Sun Belt Championship
Men at GSU Invite, Jaguar Invite

INDIVIDUAL MEET VICTORIES

Showalter at the Clemson Invite, GSU Invite, West Georgia, Jaguar Invite and Sun Belt Meet
Boetje at the GSU Invite, Jaguar Invite