

MID-CON

CROSS COUNTRY
CHAMPIONSHIP
2004

2004 Mid-Continent Conference Men's and Women's Cross Country Championships

Dear Participants, Fans, Family Members and Friends,

Welcome to the 2004 Mid-Continent Conference Men's and Women's Cross Country Championships. The staff at Oakland University has done a wonderful job preparing for this event, which should be the pinnacle of the season for the competing student-athletes and coaches from each Mid-Con institution.

Approximately 2,500 individuals will compete on behalf of the nine Mid-Con institutions this year in a total of 19 sports. The championships that will be contested today represent just two of the 19 the Mid-Con will sponsor in the 2004-05 school year. The Mid-Con and its member institutions recognize the importance of each of these competitions for the student-athletes, coaches and fans alike, and the league makes it a priority for each championship to be a first-class event.

On behalf of the entire conference staff, I wish all of today's competitors the best of luck as they battle for the 2004 Mid-Continent Conference Cross Country Championships.

Ron Bertovich
Commissioner
Mid-Continent Conference

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2004 Mid-Con Top Performers - MEN (8K)

Athlete, School	Time	Date-Event
1. Kevin Sandall, SUU	25:07	Oct. 2-UC Riverside Invitational
2. Brad Wheeler, IUPUI	25:08	Sept. 11-Bradley Invitational
3. Brad Parker, SUU	25:20	Oct 2-UC Riverside Invitational
4. Ryan Hopper, IUPUI	25:20	Sept. 11-Bradley Invitational
5. Jess Baumgartner, SUU	25:30	Sept. 25-Roy Griak Invitational
6. Graham Cheever, SUU	25:30	Oct. 2-UC Riverside Invitational
7. Rabah Rahil, IUPUI	25:32	Sept. 11-Bradley Invitational
8. Chad Sanada, SUU	25:33	Oct. 2-UC Riverside Invitational
9. Shaun Vernon, SUU	25:34	Oct. 2-UC Riverside Invitational
10. Kyle Mikowski, WIU	25:44	Oct. 1-Notre Dame Invitational

2004 Mid-Con Top Performers - WOMEN (5K)

Athlete, School	Time	Date-Event
1. Faithy Kamangila, ORU	16:49	Sept. 18-Mo. Southern Stampede
2. Alisha Bezanson, SUU	17:02	Oct. 16-SUU Color Country Invite
3. Danielle Nunnally, Valpo	17:52	Oct. 16-Evansville Invitational
4. Tawny Parks, SUU	17:55	Oct. 16-SUU Color Country Invite
5. Sarah Swain, WIU	18:11	Sept. 17-Panther Invitational
6. Amy Gouchnour, SUU	18:13	Oct. 2-UC Riverside Invitational
7. Maegan Schmutz, SUU	18:18	Oct. 16-SUU Color Country Invite
8. Kine Bjerga, SUU	18:32	Oct. 2-SUU Color Country Invite
9. Karen Wartgow, WIU	18:48	Oct. 1-Notre Dame Invitational
10. Rachael Button, Valpo	18:49	Oct. 2-Loyola Lakefront Invitational

2004 Mid-Con Top Performers - WOMEN (6K)

Athlete, School	Time	Date-Event
1. Faithy Kamangila, ORU	20:30	Oct. 16-Chile Pepper Invitational
2. Alisha Bezanson, SUU	22:07	Sept. 25-Roy Griak Invitational
3. Mable Kunihira	22:15	Oct. 16-Chile Pepper Invitational
4. Sara Hiller, UMKC	22:23	Oct. 16-Chile Pepper Invitational
5. Christine Ensign, UMKC	22:34	Oct. 16-Chile Pepper Invitational
6. Karen Wartgow, WIU	22:39	Oct. 16-NCAA Pre-Nationals
7. Amy Gochnour, SUU	22:52	Sept. 25-Roy Griak Invitational
8. Sarah Swain, WIU	23:08	Oct. 16-NCAA Pre-Nationals
9. Dayna Cline, OU	23:13	Sept. 17-Spartan Invitational
10. Lindsay Walsh, IUPUI	23:15	Sept. 25-Edwardsville XC Championship

2004 Athletes of the Week

	Men	Women
Sept. 8	Peter Christakos, Western Illinois	Sarah Swain, Western Illinois
Sept. 15	Brad Wheeler, IUPUI	Alisha Bezanson, Southern Utah
Sept. 22	Jess Baumgartner, Southern Utah	Faithy Kamangila, Oral Roberts
Sept. 29	Brad Wheeler, IUPUI	Alisha Bezanson, Southern Utah
Oct. 4	Kevin Sandall, Southern Utah	Alisha Bezanson, Southern Utah
Oct. 11	Andy Koziatek, UMKC	Faithy Kamangila, Oral Roberts
Oct. 18	Jess Baumgartner, Southern Utah	Faithy Kamangila, Oral Roberts
Oct. 20	Cody Moat, Southern Utah	Kristie Kieffer, Oakland



Centenary

Location: Shreveport, La.
Enrollment: 860
President: Dr. Kenneth Schwab
Director of Athletics: Taylor Moore
Nickname: Gents (m), Ladies (w)
Joined Mid-Con: 2003
Head Coach: Shelley Armstrong
Asst. Coaches: none
Top 2004 Men's 8K Time: Andrew Deas (31:04.2)
Top 2004 Women's 6K Time: Lori Von Pingel (25:56.6)



Mid-Con Championship History

MEN'S

Best Team Finish: 9th
Best Team Score: 272
Team Titles: None
All-Conference Selections: None
Individual Champions: None

WOMEN'S

Best Team Finish: N/A
Best Team Score: N/A
Team Titles: None
All-Conference Selections: None
Individual Champions: None



Men's Championship Roster

Name	Yr.	Hometown/High School (Previous School)	Top 8K Time in 2004
Andrew Deas	Fr.	San Antonio, Texas/Reagan	31:04.2 (NSU Invitational)
Steven Deas	Sr.	San Antonio, Texas/Reagan	32:03.1 (NSU Invitational)
Michael Maricelli	Sr.	Natchitoches, La./Natchitoches Central	39:56 (UALR Open)
Paul Morrow	Jr.	Austin, Texas/McNeil	39:56 (UALR Open)
David Reiland	Sr.	Shreveport, La./Byrd	35:40 (UALR Open)
Jeffrey Stotts	Sr.	Garland, Texas/Naaman Forest	36:53 (UALR Open)
Ricky Thomas	Jr.	South Bend, Ind./Trinity	34:06 (UALR Open)
Brian Williams	So.	Keithville, La./Byrd	35:15.8 (NSU Invitational)

MEN'S RESULTS

Date	Event	Distance	Finish	Top Five Finishers (Place/Time)
Sept. 10	Pine Hills Twilight Meet; Monroe, La.	4 miles	3rd/3	Ricky Thomas (13th/27:22), Steven Deas (14th/27:26), Andrew Deas (15th/27:38), David Reiland (16th/28:29), Brian Williams (17th/29:09)
Sept. 13	Lumberjack Relays; Nacogdoches, Texas	12K	NTS	Steven Deas/Ricky Thomas (20th/48:23), Brian Williams/David Reiland (21st/49:29), Jeff Stotts/Paul Morrow (22nd/52:44), Michael Maricelli/Andrew Deas (23rd/57:21)
Sept. 25	UALR Open; Little Rock, Ark.	8K	5th/5	Andrew Deas (39th/33:14), Steven Deas (41st/33:21), Ricky Thomas (42nd/34:06), David Reiland (45th/35:40), Jeff Stotts (47th/36:53)
Sept. 30	Red River Classic; Shreveport, La.	4 miles	2nd/2	Steven Deas (7th/26:02), Andrew Deas (9th/26:29), Ricky Thomas (10th/26:42), David Reiland (11th/27:12), Jeff Stotts (12th/29:05)
Oct. 4	NSU Invitational; Natchitoches, La.	8K	9th/9	Andrew Deas (44th/31:04.2), Steven Deas (48th/32:03.1), Ricky Thomas (53rd/34:22.3), Brian Williams (55th/35:15.8), David Reiland (56th/37:43.4)

Women's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 6K Time in 2004
Jennifer Bouso	Fr.	Bossier City, La./Airline	27:16.5 (NSU Invitational)
Cecilia Chea	Fr.	Kenner, La./Grace King	33:52 (NSU Invitational)
Halley Grantham	Fr.	Sibley, La./Lakeside	29:43.4 (NSU Invitational)
Stacy Nelson	Jr.	Shreveport, La./Caddo Magnet	30:49 (NSU Invitational)
Holly Richardson	Jr.	Indianapolis, Ind./North Central	26:08.5 (NSU Invitational)
Taylor Robertson	So.	Shreveport, La./Caddo Magnet	29:02.7 (NSU Invitational)
Lori VonPingel	Fr.	Madison, Miss./Jackson Prep	25:56.6 (NSU Invitational)

WOMEN'S RESULTS

Date	Event	Distance	Finish	Top Five Finishers (Place/Time)
Sept. 10	Pine Hills Twilight Meet; Monroe, La.	2 miles	2nd/2	Holly Richardson (1st/13:11), Lori Von Pingel (4th/13:35), Jennifer Bouso (7th/14:43), Taylor Robertson (8th/14:47), Halley Grantham (12th/15:23)
Sept. 13	Lumberjack Relays; Nacogdoches, Texas	8K	NTS	Holly Richardson/Lori VonPingel (10th/33:52), Jennifer Bouso/Stacy Nelson (14th/38:58), Taylor Robertson/Halley Grantham (15th/39:22)
Sept. 25	UALR Open; Little Rock, Ark.	5K	5th/5	Lori VonPingel (43rd/22:20), Jennifer Bouso (55th/23:21), Taylor Robertson (62nd/24:34), Stacy Nelson (64th/25:21), Halley Grantham (66th/25:50)
Sept. 30	Red River Classic; Shreveport, La.	3 miles	2nd/3	Holly Richardson (2nd/20:15), Lori Von Pingel (6th/21:16), Jennifer Bouso (8th/22:13), Taylor Robertson (10th/22:55), Halley Grantham (14th/23:41)
Oct. 4	NSU Invitational; Natchitoches, La.	6K	5th/8	Lori Von Pingel (17th/25:56.6), Holly Richardson (20th/26:08.5), Jennifer Bouso (30th/27:16.5), Taylor Robertson (36th/29:02.7), Halley Grantham (37th/29:43.4)

Chicago State

Location: Chicago, Ill.
Enrollment: 7,200
President: Dr. Elnora D. Daniel
Director of Athletics: Greg LaFleur
Nickname: Cougars
Joined Mid-Con: 1994
Head Coach: Studie Davis (M), Mamie Rallins (W)
Asst. Coach: Steve Powenski (M)
Top 2004 Men's 8K Time: Guillaume Kellogg (27:40)
Top 2004 Women's 5K Time: Jessica Turner (21:03)



Mid-Con Championship History

MEN'S

Best Team Finish: 7th (2002, 03)
Best Team Score: 176 (2002)
Team Titles: None
All-Conference Selections: 1
Individual Champions: None

WOMEN'S

Best Team Finish: 8th (1996, 97, 98, 02, 03)
Best Team Score: 220 (2003)
Team Titles: None
All-Conference Selections: None
Individual Champions: None



Men's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 8K Time in 2004
Marcelus Chambers	Fr.	Chicago, Ill.	32:41 (Eagle Cross Country Invitational)
Delin Hill	So.	Dolton, Ill./Thornridge	36:18 (Eagle Cross Country Invitational)
Guillaume Kellogg	Sr.	Country Club Hills, Ill./Hillcrest	27:40 (Midwest Collegiate Invitational)
Wilson Koech	Sr.	Kapsabet, Kenya/Kaptel	29:22 (Eagle Cross Country Invitational)
Stephon Latulas	Sr.	Watertown, N.Y./Watertown	34:47 (Midwest Collegiate Invitational)
Norman Perez	Fr.	Chicago, Ill./Lane Tech	33:49 (UW-Parkside Invitational)
Gary Ward	Sr.	Burbank, Ill./Reavis	39:12 (UW-Parkside Invitational)
Travis Williams	Fr.	Hampton, Va./Bethel	36:25 (Eagle Cross Country Invitational)

MEN'S RESULTS			Finish	Top Five Finishers (Place/Time)
Date	Event	Dist./Participants		
Sept. 4	UIC Home Opener; Chicago, Ill.	4.1 miles/40	4th/5	Gil Kellogg (25th/22:50), Wilson Koech (32nd/25:23), Gary Ward (38th/30:12), Delin Hill (39th/30:33), Travis Williams (40th/31:23)
Sept. 11	Ted Hedstrand Invitational; Chicago, Ill.	8K/40	4th/6	Guillaume Kellogg (6th/28:17), Wilson Koech (10th/30:49), Stephon Latulas (34th/36:15), Travis Williams (37th/37:50), Delin Hill (38th/37:50)
Sept. 18	Midwest Collegiate Invitational; Kenosha, Wis.	8K/360	27th/29	Guillaume Kellogg (97th/27:40), Wilson Koech (249th/30:31), Stephon Latulas (331st/34:47), Norman Perez (344th/36:14), Marcelus Chamber (345th/36:14)
Oct. 8	Eagle Cross Country Invitational; Lisle, Ill.	8K/145	14th/19	Guillaume Kellogg (21st/27:41), Wilson Koech (73rd/29:22), Marcelus Chambers (117th/32:51), Delin Hill (135th/36:18), Travis Williams (136th/36:25)
Oct. 16	UW-Parkside Invitational; Kenosha, Wis.	8K/250	14th/15	Guillaume Kellogg (89th/27:48), Wilson Koech (192nd/29:57), Marcelus Chambers (235th/33:43), Norman Perez (237th/33:49), Delin Hill (242nd/37:32)

Women's Championship Roster

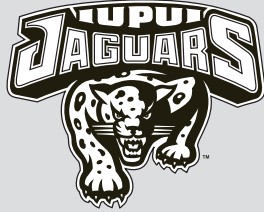
Name	Yr.	Hometown/High School (Transfer School)	Top 5K Time in 2004
Yashi Conner	So.	Chicago, Ill./Dunbar	25:48 (Eagle Cross Country Invitational)
Gabrielle Fitzpatrick	Jr.	Chicago, Ill./Dunbar	26:30 (Eagle Cross Country Invitational)
Leslie Ford	Sr.	Detroit, Mich./St. Martin DePorres	26:02 (Eagle Cross Country Invitational)
Laura Jefferson	So.	Chicago, Ill./Bloom Township	28:33 (Eagle Cross Country Invitational)
Janina Mercado	Fr.	Chicago, Ill./Lane Tech	22:36 (Ted Hedstrand Invitational)
Shaneka Monroe	Fr.	Chicago, Ill./Gwendolyn Brooks	28:23 (Ted Hedstrand Invitational)
Kimberlee Mosley	Sr.	Saginaw, Mich./Bridgeport	23:59 (UW-Parkside Invitational)
Ebony Oliver	Jr.	Chicago, Ill./ (Harper College)	23:13 (Midwest Collegiate Invitational)
Le'Treya Parker	Jr.	Greensboro, N.C./ (Hampton University)	22:50 (UW-Parkside Invitational)
Kristin Smith	So.	South Holland, Ill./Thornwood	25:31 (Eagle Cross Country Invitational)
Jessica Turner	Jr.	Chicago, Ill./ (Greenville College)	21:03 (Midwest Collegiate Invitational)

WOMEN'S RESULTS			Finish	Top Five Finishers (Place/Time)
Date	Event	Dist./Participants		
Sept. 4	UIC Home Opener; Chicago, Ill.	2 miles/35	4th/4	Jessica Turner (22nd/13:05), Le'Treya Parker (25th/14:03), Ebony Oliver (28th/14:13), Janina Mercado (30th/14:20), Kimberlee Mosley (31st/15:35)
Sept. 11	Ted Hedstrand Invitational; Chicago, Ill.	5K/35	4th/5	Jessica Turner (17th/21:41), Janina Mercado (26th/22:36), Ebony Oliver (31st/23:14), Le'Treya Parker (34th/23:32), Kimberlee Mosley (47th/26:55)
Sept. 18	Midwest Collegiate Invitational; Kenosha, Wis.	5K/245	19th/20	Jessica Turner (98th/21:03), Le'Treya Parker (187th/23:04), Ebony Oliver (189th/23:13), Janina Mercado (207th/23:58), Kimberlee Mosley (226th/25:53)
Oct. 8	Eagle Cross Country Invitational; Lisle, Ill.	5K/144	10th/23	Jessica Turner (25th/21:17), Janina Mercado (66th/23:05), Le'Treya Parker (72nd/23:24), Kimberlee Mosley (109th/25:19), Kristin Smith (113th/25:31)
Oct. 16	UW-Parkside Invitational; Kenosha, Wis.	5K/215	15th/16	Jessica Turner (141st/21:35), Le'Treya Parker (179th/22:50), Janina Mercado (189th/23:29), Kimberlee Mosley (194th/23:59), Oliver Ebony (201st/24:38)



IUPUI

Location: Indianapolis, Ind.
Enrollment: 29,253
Chancellor: Charles Bantz
Director of Athletics: Michael R. Moore
Nickname: Jaguars
Joined Mid-Con: 1998
Head Coach: Scott Williams
Asst. Coach: Julien Agnew
Top 2004 Men's 8K Time: Brad Wheeler (25:08)
Top 2004 Women's 6K Time: Lindsay Walsh (23:15)



Mid-Con Championship History

MEN'S

Best Team Finish: 3rd (2001)
Best Team Score: 102 (2001)
Team Titles: None
All-Conference Selections: 1
Individual Champions: None

WOMEN'S

Best Team Finish: 3rd (2001)
Best Team Score: 94 (2001)
Team Titles: None
All-Conference Selections: 4
Individual Champions: None



Men's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 8K Time in 2004
Brandon Cole	So.	Indianapolis, Ind./Warren Central	25:52 (Bradley Open)
Ryan Hopper	Sr.	Valparaiso, Ind./Valparaiso	25:20 (Bradley Open)
Matt Kinley	Jr.	Indianapolis, Ind./Ben Davis	25:50 (Bradley Open)
Josh Lantz	Sr.	Indianapolis, Ind./Warren Central	27:11 (Cardinal Classic)
Matt McCarty	Fr.	Indianapolis, Ind./Warren Central	NT
Dean Meacham	Jr.	Indianapolis, Ind./Roncalli	28:27 (NCAA Pre-Nationals)
Shawn Moore	Jr.	Indianapolis, Ind./Warren Central	27:50 (Bradley Open)
Rabah Rahil	So.	Indianapolis, Ind./Ben Davis	25:32 (Bradley Open)
Justin Reuter	So.	Whiteland, Ind./Whiteland	27:40 (Bradley Open)
Kyle Scott	Fr.	Ada, Mich./Forest Hills Central	26:50 (Bradley Open)
Brad Wheeler	Fr.	Franklin, Ind./Franklin	25:08 (Bradley Open)

MEN'S RESULTS		Dist./Participants	Finish	Top Five Finishers (Place/Time)
Sept. 4	Flyer 5K Challenge; Dayton, Ohio	5K/88	3rd/6	Ryan Hopper (6th/15:47), Brad Wheeler (7th/15:48), Matt Kinley (19th/16:12), Brandon Cole (21st/16:14), Matt McCarty (25th/16:17)
Sept. 10	Bradley Open; Peoria, Ill.	8K/126	2nd/7	Brad Wheeler (7th/25:08), Ryan Hopper (11th/25:20), Rabah Rahil (14th, 25:32), Matt Kinley (20th/25:50), Brandon Cole (22nd/25:52)
Sept. 17	Indiana Intercollegiates; West Lafayette, Ind.	8K/54	3rd/7	Ryan Hopper (9th/26:30), Brad Wheeler (10th/26:34), Matt Kinley (15th/26:55), Rabah Rahil (22nd/27:23), Josh Lantz (30th/28:14)
Sept. 25	Cross Country-Only Championship; Edwardsville, Ill.	8K/94	1st/6	Brad Wheeler (3rd/26:12), Ryan Hopper (4th/26:15), Rabah Rahil (7th/26:23), Matt Kinley (9th/26:34), Brandon Cole (18th/27:12)
Oct. 2	Cardinal Classic; Louisville, Ky.	8K/105	2nd/10	Ryan Hopper (7th/26:04), Brad Wheeler (9th/26:07), Matt Kinley (13th/26:26), Brandon Cole (15th/26:34), Josh Lantz (30th/27:11)
Oct. 16	NCAA Pre-Nationals (White); Terre Haute, Ind.	8K/242	34th/35	Ryan Hopper (158th/25:55), Brad Wheeler (165th/25:58), Brandon Cole (181st/26:04), Josh Lantz (238th/27:56), Dean Meacham (240th/28:27)

Women's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 6K Time in 2004
Jennifer Braun	Fr.	Indianapolis, Ind./Seccina	24:33 (Cross Country-Only Championship)
Michelle Denham	Fr.	Peru, Ind./Maconaquah	25:06 (Cross Country-Only Championship)
Megan Flynn	So.	Martinsville, Ind./Martinsville	24:24 (Cross Country-Only Championship)
Sarah Komanec	Fr.	Ft. Wayne, Ind./Northside	25:34 (NCAA Pre-Nationals)
Amanda Shike	Fr.	Munster, Ind./Munster	23:59 (Cross Country-Only Championship)
Alissa Tielking	So.	Indianapolis, Ind./Franklin Central	26:21 (NCAA Pre-Nationals)
Erin Vickery-Swalley	Sr.	Avon, Ind./Avon	23:27 (Cross Country-Only Championship)
Lindsay Walsh	Fr.	Indianapolis, Ind./Franklin Central	23:15 (Cross Country-Only Championship)
Natalie Weihert	Jr.	Terre Haute, Ind./North Vigo	26:06 (NCAA Pre-Nationals)

WOMEN'S RESULTS		Dist./Participants	Finish	Top Five Finishers (Place/Time)
Sept. 4	Flyer 5K Challenge; Dayton, Ohio	5K/68	5th/6	Erin Vickery-Swalley (15th/19:47), Lindsay Walsh (19th/20:08), Amanda Shike (28th/20:31), Megan Flynn (40th/21:00), Michelle Denham (51st/21:52)
Sept. 10	Bradley Open; Peoria, Ill.	5K/118	7th/7	Erin Vickery-Swalley (16th/18:55), Lindsay Walsh (27th/19:21), Amanda Shike (31st/19:31), Megan Flynn (56th/20:19), Jennifer Braun (64th/20:48)
Sept. 17	Indiana Intercollegiates; West Lafayette, Ind.	5K/71	8th/8	Erin Vickery-Swalley (29th/19:44), Lindsay Walsh (32nd/19:45), Amanda Shike (39th/20:02), Megan Flynn (52nd/21:04), Jennifer Braun (54th/21:13)
Sept. 25	Cross Country-Only Championship; Edwardsville, Ill.	6K/86	3rd/5	Lindsay Walsh (12th/23:15), Erin Vickery-Swalley (13th/23:27), Amanda Shike (22nd/23:59), Megan Flynn (26th/24:24), Jennifer Braun (30th/24:33)
Oct. 2	Cardinal Classic; Louisville, Ky.	5K/95	3rd/12	Lindsay Walsh (16th/20:14), Amanda Shike (22nd/20:30), Erin Vickery-Swalley (23rd/20:34), Megan Flynn (26th/20:41), Jennifer Braun (36th/21:02)
Oct. 16	NCAA Pre-Nationals; Terre Haute, Ind.	6K/191	10th/10	Lindsay Walsh (73rd/23:23), Erin Vickery-Swalley (103rd/23:53), Amanda Shike (150th/24:56), Sarah Komanec (165th/25:34), Megan Flynn (178th/26:03)

UMKC

Location: Kansas City, Mo.
Enrollment: 13,000
Chancellor: Dr. Martha Gilliland
Director of Athletics: Robert Thomas
Nickname: Kangaroos
Joined Mid-Con: 1994
Head Coach: Theo Hamilton
Asst. Coach: Tim Thompson
Top 2004 Men's 8K Time: Andy Koziatek (26:45)
Top 2004 Women's 6K Time: Sara Hiller (22:23)



Mid-Con Championship History

MEN'S

Best Team Finish: 2nd (1997, 99, 00)
Best Team Score: 47 (1997)
Team Titles: None
All-Conference Selections: 20
Individual Champions: 1 (Bill Hibdon, 2002)

WOMEN'S

Best Team Finish: 2nd (1998, 99)
Best Team Score: 51 (1999)
Team Titles: None
All-Conference Selections: 14
Individual Champions: None



Men's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 8K Time in 2004
Isaiah Boykins	Jr.	Muskogee, Okla./Muskogee (Johnson County CC)	29:46 (Miner Invitational)
Andy Koziatek	Sr.	Ballwin, Mo./Marquette	26:45 (Saluki Invitational)
Patrick O'Neill	Fr.	St. Louis, Mo./Christian Brothers	29:13 (Saluki Invitational)
Stephen Proctor	Jr.	Claremont, N.H./Stevens	31:21 (Wildcat Invitational)
Shaun Walker	Sr.	Booneville, Ark./Greenwood	27:07 (Saluki Invitational)

MEN'S RESULTS

Date	Event	Dist./Participants	Finish	Top Five Finishers (Place/Time)
Sept. 4	Bob Timmons Invitational; Lawrence, Kan.	8K/97	6th/9	Andy Koziatek (19th/27:35), Shaun Walker (34th/28:37), Patrick O'Neill (45th/31:06), Isaiah Boykins (46th/31:11), Stephen Proctor (50th/32:44)
Sept. 11	Wildcat Invitational; Topeka, Kan.	8K/63	6th/8	Andy Koziatek (24th/26:54), Shaun Walker (45th/27:51), Patrick O'Neill (54th/29:33), Stephen Proctor (59th/31:21), Isaiah Boykins (60th/31:25)
Sept. 25	Miner Invitational; Rolla, Mo.	8K/90	6th/9	Andy Koziatek (9th/26:46), Shaun Walker (16th/27:25), Patrick O'Neill (36th/29:16), Isaiah Boykins (38th/29:47), Stephen Proctor (46th/31:34)
Oct. 9	Saluki Invitational; Carbondale, Ill.	8K/96	11th/12	Andy Koziatek (25th/26:45), Shaun Walker (31st/27:07), Patrick O'Neill (66th/29:13), Stephen Proctor (71st/31:31), Isaiah Boykins (72nd/31:36)
Oct. 16	Chile Pepper Invitational; Fayetteville, Ark.	8K/214	30th/35	Andy Koziatek (109th/32:54), Shaun Walker (122nd/33:05), Isaiah Boykins (189th/36:04), Patrick O'Neill (192nd/36:16), Stephen Proctor (202nd/39:16)

Women's Championship Roster

Name	Yr.	Hometown/Last School (Transfer School)	Top 6K Time in 2004
Lindsey Christian	Fr.	Olathe, Kan./	NT
Laura Driver	Fr.	Parkville, Mo./Park Hill South	26:19 (Chile Pepper Invitational)
Christine Ensign	Jr.	Lathrop, Mo./ (Highland C.C.)	22:34 (Chile Pepper Invitational)
Holly Gureski	Jr.	Shell Knob, Mo./Cassville	24:54 (Wildcat Invitational)
Sara Hiller	Fr.	Springfield, Mo./Kickapoo	22:23 (Chile Pepper Invitational)
Amanda James	Jr.	Kansas City, Mo./Park Hill	24:50 (Chile Pepper Invitational)
Paula Rice	Jr.	Grandview, Mo./ (Johnson County C.C.)	24:25 (Chile Pepper Invitational)
Jessica Scott	Fr.	Glen Carbon, Ill./Edwardsville	24:45 (Chile Pepper Invitational)

WOMEN'S RESULTS

Date	Event	Dist./Participants	Finish	Top Five Finishers (Place/Time)
Sept. 4	Bob Timmons Invitational; Lawrence, Kan.	5K/69	4th/8	Christine Ensign (5th/19:35), Sara Hiller (24th/20:53), Paula Rice (29th/21:29), Holli Gureski (31st/21:49), Jessica Scott (33rd/22:07)
Sept. 11	Wildcat Invitational; Topeka, Kan.	6K/65	5th/8	Christine Ensign (9th/22:59), Sara Hiller (14th/23:32), Holly Gureski (42nd/24:54), Paula Rice (46th/25:23), Jessica Scott (49th/25:35)
Sept. 25	Miner Invitational; Rolla, Mo.	5K/98	3rd/13	Sara Hiller (3rd/18:56), Paula Rice (12th/19:44), Holly Gureski (22nd/20:21), Amanda James (23rd/20:21), Jessica Scott (32nd/20:53)
Oct. 9	Saluki Invitational; Carbondale, Ill.	5K/109	10th/11	Sara Hiller (27th/18:53), Amanda James (49th/19:58), Jessica Scott (61st/20:29), Paula Rice (66th/20:52), Laura Christian (72nd/21:42)
Oct. 16	Chile Pepper Invitational; Fayetteville, Ark.	6K/200	22nd/31	Sara Hiller (60th/22:23), Christine Ensign (61st/22:34), Paula Rice (166th/24:25), Jessica Scott (179th/24:45), Amanda James (181st/24:50)



Oakland

Location: Rochester, Mich.
Enrollment: 16,576
President: Dr. Gary D. Russi
Director of Athletics: Jack Mehl
Nickname: Golden Grizzlies
Joined Mid-Con: 1998
Head Coach: Paul Rice
Asst. Coaches: John Nemens (M), Scott Collins (W)
Top 2004 Men's 8K Time: Luke Williams (26:05)
Top 2004 Women's 6K Time: Dayna Cline (23:13)



Mid-Con Championship History

MEN'S

Best Team Finish: 1st (2002)
Best Team Score: 34 (2002)
Team Titles: 1 (2002)
All-Conference Selections: 15
Individual Champions: None

WOMEN'S

Best Team Finish: 2nd (2000, 01, 03)
Best Team Score: 65 (2003)
Team Titles: None
All-Conference Selections: 10
Individual Champions: 2 (Kristie Kieffer, 2000 & 2003)



Men's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 8K Time in 2004
John Cook	Sr.	St. Clair, Mich./St. Clair	NT
Tim Copacia	So.	Shelby Township, Mich./Eisenhower	27:45 (Michigan Intercollegiate)
Chris Fecek	So.	Rochester Hills, Mich./Notre Dame Prep	27:15 (Loyola Lakefront Invitational)
Adam Frezza	Sr.	Oxford, Mich./Lake Orion	NT
Paul Kulisek	Sr.	Wonder Lake, Ill./Woodstock	NT
Tim Rowland	Fr.	Oxford, Mich./Oxford	28:26 (Michigan Intercollegiate)
Luke Williams	Sr.	Wayland, Mich./Hopkins	26:05 (Loyola Lakefront Invitational)
Joseph Zick	So.	Durand, Mich./Durand	27:50 (Loyola Lakefront Invitational)

MEN'S RESULTS			
Date	Event	Dist./Participants	Finish
Sept. 4	Golden Grizzly Open; Rochester, Mich.	4 miles/23	NTS
Sept. 11	Tommy Titan Invitational; Detroit, Mich.	4 miles/115	4th/5
Sept. 17	Spartan Invitational; East Lansing, Mich.	8K/107	None
Oct. 2	Loyola Lakefront Invitational; Chicago, Ill.	8K/249	19th/19
Oct. 8	Michigan Intercollegiate; Hudsonville, Mich.	8K/99	13th/15

Top Five Finishers (Place/Time)			
Luke Williams (2nd/21:10), Chris Fecek (5th/22:17), Tim Copacia (14th/23:10), Tim Rowland (20th/24:09), Joe Zick (21st/24:26)			
Chris Fecek (33rd/22:01), Tim Copacia (57th/22:54), Tim Rowland (71st/24:01), Joe Zick (72nd/24:01), Luke Williams (85th/25:45)			
Luke Williams (51st/26:44), Chris Fecek (74th/27:47), Tim Copacia (88th/28:25), Tim Rowland (97th/29:04), Joe Zick (104th/29:33)			
Luke Williams (76th/26:05), Chris Fecek (144th/27:15), Joe Zick (186th/27:50), Tim Copacia (191st/27:57), Tim Rowland (212th/28:31)			
Luke Williams (10th/26:19), Tim Copacia (56th/27:32), Chris Fecek (65th/27:45), Tim Rowland (83rd/28:26), Joe Zick (85th/28:38)			

Women's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 6K Time in 2004
Julie Austin	Jr.	Rochester Hills, Mich./Rochester	25:19 (Spartan Invitational)
Dayna Cline	So.	Hartland, Mich./Hartland/Lake Superior State	23:13 (Spartan Invitational)
Kara Coraci	Sr.	Macomb, Mich./Eisenhower	26:48 (Michigan Intercollegiate)
Kelly Craze	Fr.	Troy, Mich./Sterling Heights	NT
Laura Fisher	So.	Grosse Pointe Woods, Mich./Grosse Pointe North	23:28 (Michigan Intercollegiate)
Sarah Kane	Sr.	Sterling Heights, Mich./Sterling Heights	NT
Taline Kalandjian	Fr.	Shelby Township, Mich./L'anse Creuse North	NT
Amber Nagel	Jr.	Napoleon, Ohio/Tinora	23:52 (Spartan Invitational)
Melissa Nasers	Sr.	Battle Creek, Mich./Lakeview	NT
Stephanie Pierce	So.	Marshall, Mich./Harper Creek	26:40 (Michigan Intercollegiate)
Dana Salmon	Fr.	Center Line, Mich./Center Line	NT
Kim Schultz	Jr.	Vermilion, Ohio/Vermilion	23:37 (Michigan Intercollegiate)
Valerie Stansbury	So.	Mt. Clemens, Mich./Romeo	26:15 (Michigan Intercollegiate)

WOMEN'S RESULTS			
Date	Event	Dist./Participants	Finish
Sept. 4	Golden Grizzly Open; Rochester, Mich.	5K/47	None
Sept. 11	Tommy Titan Invitational; Detroit, Mich.	5K/78	8th/10
Sept. 17	Spartan Invitational; East Lansing, Mich.	6K/117	None
Oct. 2	Loyola Lakefront Invitational; Chicago, Ill.	5K/210	22nd/24
Oct. 8	Michigan Intercollegiate; Milford, Mich.	6K/86	5th/13

Top Five Finishers (Place/Time)			
Dayna Cline (3rd/19:58), Amber Nagel (6rd/20:25), Laura Fischer (7th/20:30), Julie Austin (12th/21:27), Stephanie Pierce (19th/22:25)			
Dayna Cline (12th/19:28), Amber Nagel (21st/19:55), Kim Schultz (22nd/19:56), Laura Fischer (26th/20:07), Julie Austin (45th/21:05)			
Dayna Cline (31st/23:13), Kim Schultz (51st/23:48), Amber Nagel (54th/23:52), Laura Fischer (60th/24:04), Julie Austin (98th/25:19)			
Dayna Cline (87th/19:05), Laura Fisher (104th/19:23), Kim Schultz (106th/19:25), Amber Nagel (123rd/19:37), Valerie Stansbury (184th/21:14)			
Dayna Cline (10th/23:22), Laura Fisher (13th/23:28), Kim Schultz (16th/23:37), Amber Nagel (23rd/23:54), Julie Austin (65th/25:51)			

Oral Roberts

Location: Tulsa, Okla.
Enrollment: 5,389
President: Dr. Richard Roberts
Director of Athletics: Mike Carter
Nickname: Golden Eagles
Joined Mid-Con: 1997
Head Coach: Joe Dial
Asst. Coaches: Shawna Dial, Chris Brown, Alick Musukuma
Top 2004 Men's 8K Time: Shaun Smith (26:49)
Top 2004 Women's 6K Time: Faithy Kamangilia (20:30.9)



Mid-Con Championship History

MEN'S

Best Team Finish: 5th (1998)
Best Team Score: 131 (1999)
Team Titles: None
All-Conference Selections: 5
Individual Champions: 1 (Omar Brooks, 2001)

WOMEN'S

Best Team Finish: 3rd (2002)
Best Team Score: 94 (2002)
Team Titles: None
All-Conference Selections: 8
Individual Champions: None



Men's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 8K Time in 2004
B.J. Blocker	Jr.	Jenks, Okla./Jenks	42:40 (Bob Timmons Invitational)
Jake Deviney	So.	Maysville, Okla./Maysville	28:26 (Oklahoma Classic)
Adrian Foster	So.	Clarendom, Jamaica/Edwin Allen	27:53 (Cowboy Jamboree)
Maurice Moss	Jr.	Poplar Bluff, Mo./Poplar Bluff	NT
Prince Mumba	So.	Lusaka, Zambia/Munali	26:50 (Cowboy Jamboree)
Richard Petzold	Jr.	Halbe, Germany/Paul Gerhardt Secondary	NT
Jonathan Rivers	So.	Broken Arrow, Okla./Grace Fellowship CS	43:25 (Bob Timmons Invitational)
Shaun Smith	So.	Clarendom, Jamaica/Edwin Allen	26:49 (Cowboy Jamboree)
James Wanjiku	So.	Nairobi, Kenya/Ofafa Jerico	29:22 (Bob Timmons Invitational)
Philip West	Jr.	Tulsa, Okla./Union	28:20 (Missouri Southern Stampede)
Shawn Venable	Sr.	Owasso, Okla./Owasso	NT
David Zahn	So.	Tulsa, Okla./Jenks	NT

MEN'S RESULTS			
Date	Event	Dist./Participants	Finish
Sept. 4	Bob Timmons Invitational; Lawrence, Kan.	8K/97	8th/9
Sept. 18	Missouri Southern Stampede; Joplin, Mo.	8K/216	8th/20
Oct. 2	Cowboy Jamboree; Stillwater, Okla.	8K/210	19th/21
Oct. 9	Oklahoma Classic; Tulsa, Okla.	8K/16	2nd/2

Top Five Finishers (Place/Time)			
Shaun Smith (38th/28:21), James Wanjiku (53rd/29:22), Adrian Foster (60th/29:45), Jake Deviney (61st/29:48), Ernest Stranz (60th/36:39)			
Shaun Smith (78th/26:55), Prince Mumba (86th/27:08.64), Philip West (149th/28:20), Adrian Foster (199th/30:07)			
Shaun Smith (71st/26:49), Prince Mumba (72nd/26:50), Adrian Foster (104th/27:53), Jake Deviney (128th/29:06), Ernest Stranz (138th/33:47)			
Prince Mumba (4th/26:58), Shaun Smith (6th/27:09), Adrian Foster (9th/28:09), Jake Deviney (11th/28:26), Phillip West (13th/28:58)			

Women's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 6K Time in 2004
Kara Cassel	So.	Tulsa, Okla./Jenks	23:48 (Chile Pepper Invitational)
Daisy Frans	Jr.	Haviland, Kan./Haviland	NT
Amalia Grissam			26:34 (Chile Pepper Invitational)
Faithy Kamangilia	Fr.	Harare, Zimbabwe/Kuwadzana	20:30.9 (Chile Pepper Invitational)
Mable Kunihiro	So.	Kampala, Uganda/Kyambogo Univ.	22:15 (Chile Pepper Invitational)
Theresa McLachlan	Sr.	Dillon Town, Jamaica/St. Jago	26:25 (Chile Pepper Invitational)
Tiffany Olson	So.	Powellville, N.C./Aloskie	NT
Glennis Seldon	So.	Bellflower, Calif./Woodrow Wilson	24:12 (Chile Pepper Invitational)
Kimberly Smalling	Jr.	Ransom City, Jamaica/St. Jago	28:05 (Oklahoma Classic)
Latonya Swanson	Jr.	Edmond, Okla./Edmond North	31:35 (Chile Pepper Invitational)

WOMEN'S RESULTS			
Date	Event	Dist./Participants	Finish
Sept. 4	Bob Timmons Invitational; Lawrence, Kan.	5K/69	6th/8
Sept. 18	Missouri Southern Stampede; Joplin, Mo.	5K/247	11th/24
Oct. 2	Cowboy Jamboree; Stillwater, Okla.	5K/126	11th/18
Oct. 9	Oklahoma Classic; Tulsa, Okla.	6K/21	1st/3
Oct. 16	Chile Pepper Invitational; Fayetteville, Ark.	6K/121	2nd/191

Top Five Finishers (Place/Time)			
Faithy Kamangilia (1st/17:59), Mable Kunihiro (11th/20:12), Glennis Seldon (46th/22:17), Kara Cassel (51st/22:36), Theresa McLachlan (62nd/25:18)			
Faithy Kamangilia (3rd/16:49), Mable Kunihiro (14th/18:01), Glennis Seldon (84th/20:02), Kara Cassel (93rd/20:10), Tiffany Olson (197th/23:18)			
Faithy Kamangilia (11th/17:36), Mable Kunihiro (17th/18:26), Glennis Seldon (70th/19:40), Kara Cassel (74th/19:45), Theresa McLachlan (111th/22:31)			
Faithy Kamangilia (1st/21:40), Mable Kunihiro (2nd/23:14), Kara Cassel (3rd/23:57), Glennis Seldon (4th/24:22), Kimberly Smalling (16th/28:05)			
Faithy Kamangilia (2nd/20:30.9), Mable Kunihiro (46th/22:15), Kara Cassel (138th/23:48), Glennis Seldon (158th/24:12), Theresa McLachlan (217th/26:25)			



Southern Utah

Location: Cedar City, Utah
Enrollment: 6,672
President: Dr. Steven D. Bennion
Director of Athletics: Tom Douple
Nickname: Thunderbirds
Joined Mid-Con: 1997
Head Coach: Eric Houle
Asst. Coach: Jeramie Murray
Top 2004 Men's 8K Time: Kevin Sandall (25:07)
Top 2004 Women's 6K Time: Alisha Bezanson (22:07)



Mid-Con Championship History

MEN'S

Best Team Finish: 1st (1997, 98, 99, 00, 01, 03)
Best Team Score: 21 (2003)
Team Titles: 6 (1997, 98, 99, 00, 01, 03)
All-Conference Selections: 34
Individual Champions: 5 (Cody Moat, 2003; Curtis Moore 98 & 00; Jody Benson 97 & 99)

WOMEN'S

Best Team Finish: 1st (1998, 99, 00, 01, 02, 03)
Best Team Score: 21 (1998)
Team Titles: 6 (1998, 99, 00, 01, 02, 03)
All-Conference Selections: 34
Individual Champions: 3 (Alisha Bezanson, 2002; Jandee Anderson 01; Wendy Allen, 98)



Men's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 8K Time in 2004
Jess Baumgartner	Fr.	Cedar City, Utah/Cedar	25:30 (Roy Griak Invitational)
Graham Cheever	Fr.	Orem, Utah/Mountain View	25:30 (UC Riverside Invitational)
Scott Finch	Fr.	St. George, Utah/Pine View	NT
Chad Horton	Fr.	Orem, Utah/Mountain View	27:07 (UC Riverside Invitational)
Brad Parker	Sr.	Kearns, Utah/Kearns	25:20 (UC Riverside Invitational)
Aared Sampson	Sr.	Highland, Utah/American Fork (UVSC)	26:18 (UC Riverside Invitational)
Chad Sanada	Jr.	Reno, Nevada/Galena	25:33 (UC Riverside Invitational)
Kevin Sandall	Fr.	Elko, Nevada/Elko	25:70 (UC Riverside Invitational)
Karl Siebach	So.	Orem, Utah/Mountain View	26:17 (UC Riverside Invitational)
Shaun Vernon	Fr.	Salt Lake City, Utah/Skyline	25:34 (UC Riverside Invitational)

MEN'S RESULTS

Date	Event	Dist./Participants	Finish	Top Five Finishers (Place/Time)
Sept. 11	UC Irvine Invitational; Huntington Beach, Calif.	8K/50	3rd/12	Jess Baumgartner (3rd/25:37), Kevin Sandall (5th/25:51), Shaun Vernon (19th/26:28), Brad Parker (22nd/26:37), Chad Sanada (23rd/26:37)
Sept. 18	Aztec Invitational; San Diego, Calif.	8K/54	3rd/14	Jess Baumgartner (9th/26:08), Kevin Sandall (14th/26:36), Graham Cheever (19th/26:57), Brad Parker (31st/27:16), Chad Sanada (41st/27:47)
Sept. 25	Roy Griak Invitational; Minneapolis, Minn.	8K/223	20th/25	Jess Baumgartner (51st/25:30), Kevin Sandall (98th/26:10), Brad Parker (126th/26:35), Chad Sanada (144th/26:47), Shaun Vernon (159th/27:02)
Oct. 1	UC Riverside Invitational; Riverside, Cal.	8K/238	1st/21	Kevin Sandall (13th/25:07), Brad Parker (25th/25:20), Graham Cheever (29th/25:30), Chad Sanada (34th/25:33), Shaun Vernon (36th/25:34)
Oct. 16	SUU/Color Country Invitational; Cedar City, Utah	7.6K/46	3rd/4	Jess Baumgartner (2nd/23:27), Shaun Vernon (8th/24:10), Kevin Sandall (12th/24:18), Brad Parker (17th/24:37), Graham Cheever (22nd/25:02)

Women's Championship Roster

Name	Yr.	Hometown/High School (Transfer School)	Top 6K Time in 2004
Alisha Bezanson	Sr.	Cedar City, Utah/Cedar	22:07 (Roy Griak Invitational)
Kine Bjerga	RSFr.	Cedar City, Utah/Canyon View	24:04 (Roy Griak Invitational)
Amy Gochnour	Jr.	Olathe, Kansas/Olathe South (Johnson County (Kan.) C.C.)	22:52 (Roy Griak Invitational)
Tawny Parks	Fr.	Lindon, Utah/Pleasant Grove	23:54 (Roy Griak Invitational)
Val Reyes	Fr.	Bountiful, Utah/Bountiful	24:58 (Roy Griak Invitational)
Tracy Robbins	Fr.	Salt Lake City, Utah/Skyline	24:57 (Roy Griak Invitational)
Maegan Schmutz	Sr.	Cedar City, Utah/Cedar	23:48 (Roy Griak Invitational)

WOMEN'S RESULTS

Date	Event	Dist./Participants	Finish	Top Five Finishers (Place/Time)
Sept. 11	UC Irvine Invitational; Huntington Beach, Calif.	5K/60	4th/14	Alisha Bezanson (3rd/18:39), Amy Gochnour (18th/19:36), Maegan Schmutz (24th/19:44), Tawny Parks (28th/19:53), Val Reyes (44th/20:16)
Sept. 18	Aztec Invitational; San Diego, Calif.	5K/78	4th/15	Alisha Bezanson (3rd/18:00), Maegan Schmutz (27th/19:25), Amy Gochnour (31st/19:38), Kine Bjerga (52nd/20:09), Val Reyes (55th/20:13)
Sept. 25	Roy Griak Invitational; Minneapolis, Minn.	6K/273	20th/29	Alisha Bezanson (36th/22:07), Amy Gochnour (77th/22:52), Maegan Schmutz (161st/23:48), Tawny Parks (169th/23:54), Kine Bjerga (182nd/24:04)
Oct. 2	UC Riverside Invitational; Riverside Cal.	5K/87	2nd/12	Alisha Bezanson (1st/17:31), Amy Goucher (8th/18:13), Tawny Parks (28th/18:45), Maegan Schmutz (32nd/18:52), Kine Bjerga (44th/19:05)
Oct. 16	SUU/Color Country Invitational; Cedar City, Utah	5K/34	1st/3	Alisha Bezanson (2nd/17:02), Tawny Parks (4th/17:55), Maeghan Schmutz (7th/18:18), Amy Gochnour (9th/18:27), Kine Bjerga (12th/18:32)

Valparaiso

Location: Valparaiso, Ind.
Enrollment: 3,900
President: Dr. Alan Harre
Director of Athletics: Mark LaBarbera
Nickname: Crusaders
Joined Mid-Con: 1982
Head Coach: Mike Straubel
Asst. Coach: Molly Joll
Top 2004 Men's 8K Time: Adam Piskowky (26:14)
Top 2004 Women's 6K Time: Rachael Button (23:40)



Mid-Con Championship History

MEN'S

Best Team Finish: 4th (1982, 95, 96, 98, 99, 00, 03)
Best Team Score: 96 (1982)
Team Titles: None
All-Conference Selections: 12
Individual Champions: None

WOMEN'S

Best Team Finish: 3rd (2003)
Best Team Score: 68 (2003)
Team Titles: None
All-Conference Selections: 12
Individual Champions: 1 (Colleen Liss, 1996)



Men's Championship Roster

Name	Yr.	Hometown/H.S. (Transfer School)	Top 8K Time in 2004	Phil Martin	So.	Valparaiso, Ind./Valparaiso	30:24
David Andrews	Fr.	Richmond, Ind./Richmond	NT	Chris Martis	So./Fr.	Thousand Oaks, Calif./Westlake	29:50
Michael Brouch	Fr.	Aurora, Ill./Marmion Academy	28:45	Ryan McCormick	Fr.	Fort Wayne, Ind./Carroll	NT
Jason Douthett	Fr.	Highland, Ind./Highland	28:10	Josh Parker	So./Fr.	Roselle, Ill./Lake Park	NT
David Iott	Sr.	Fort Wayne, Ind./Bishop Dwenger	27:59	Jeremy Paul	Sr.	Lodi, Ohio/Cloverleaf	28:42
Jeff Johnson	So.	Darien, Ill./Downers Grove South	29:59	Adam Piskowky	Sr.	Crete, Ill./Crete-Monee	26:14
Dennis Kabara	Sr./Jr.	Chuka, Kenya/Meru	27:28	Ben Radke	Fr.	Crystal Lake, Ill./Prairie Ridge	27:37
Matt Kariger	So.	Plymouth, Ind./Plymouth	32:22	Adriano Schultz	So.	Brecksville, Ohio/Brecksville-Broadview Hts.	NT
Jeff Kondraschow	Sr./Jr.	Darien, Ill./Hinsdale South	NT	Jared Snell	Fr.	Hampton, Iowa/Hampton-Dumont	NT
Mike Landmeier	So.	St. Charles, Ill./St. Charles East	29:18	David Wheeler	Jr.	St. Charles, Ill./St. Charles East	NT
				Richie White	Jr./So.	Munster, Ind./Munster (Purdue)	28:33

MEN'S RESULTS		Dist./Participants		Finish	Top Five Finishers (Place/Time)
Date	Event				
Sept. 10	Crusader Invitational; Valparaiso, Ind.	8K/34		4th/4	Adam Piskowky (9th/26:42), Ben Radke (20th/28:17), Richie White (22nd/28:35), Jason Douthett (23rd/28:38), Mike Brouch (24th/28:45)
Sept. 17	at Indiana Intercollegiate; West Lafayette, Ind.	8K/72		7th/7	Adam Piskowky (21st/27:22), David Iott (41st/29:11), Ben Radke (42nd/29:12), Michael Brouch (43rd/29:14), Richie White (48th/30:15)
Oct. 1	at Notre Dame Invitational. Notre Dame, Ind.	8K/216		24th/26	Adam Piskowky (79th/26:14), Ben Radke (152nd/27:37), Dennis Kabara (156th/27:39), Jason Douthett (179th/28:10), David Iott (188th/28:22)
Oct. 16	at Evansville Invitational; Evansville, Ind.	8K/111		5th/8	Adam Piskowky (9th/26:23), Dennis Kabara (33rd/27:28), David Iott (48th/27:59), Richie White (60th/28:33), Ben Radke (67th/28:42)

Women's Championship Roster

Name	Yr.	Hometown/H.S. (Transfer School)	Top 6K Time in 2004	Danielle Nunnelly	So.	Valparaiso, Ind./Valparaiso	25:03
Ashley Billstrom	So.	Hales Corners, Wis./Whitnall	NT	Kelly Owens	Sr.	Ft. Thomas, Ky./Highlands (Centre Coll., Ky.)	25:04
Laura Bingham	Sr./Jr.	Woodstock, Ill./Woodstock	28:53	Jennifer Plaskota	So.	Naperville, Ill./Neuqua Valley	27:07
Joanne Borchert	Jr./So.	Waukesha, Wis./Waukesha West	NT	Kristy Popp	Sr./Jr.	Wilmar, Minn./Bowman H.S., N.D.	NT
Rachael Button	Fr.	Farmington Hills, Mich./Farmington	23:40	Jobeth Schmiesing	Jr.	Mankato, Minn./Mankato West	24:03
Rena Kotynski	Fr.	Valparaiso, Ind./Valparaiso	NT	Lisa Schroeck	Fr.	Naperville, Ill./Benet Academy	24:17
Tami McDunn	Jr.	Farmington, Minn./Farmington	NT	Michelle Sexton	Sr.	Hoffman Estates, Ill./Driscoll Catholic	27:02
Lauren McLaughlin	Fr.	Shoreview, Minn./Mounds View	26:59	Carrie Waterman	Sr./Jr.	Wheaton, Ill./Wheaton North	NT
Heidi Nathan	Sr.	Medford, N.Y./Patchogue-Medford	24:33	Rachel Weide	Sr./Jr.	Fort Wayne, Ind./Homestead	28:13
Rachel Nelson	Sr.	Lee's Summit, Mo./Lee's Summit	23:49				

WOMEN'S RESULTS		Dist./Participants		Finish	Top Five Finishers (Place/Time)
Date	Event				
Sept. 10	Crusader Invitational; Valparaiso, Ind.	6K/49		4th/6	Rachael Button (11th/23:40), Rachel Nelson (16th/23:49), Jobeth Schmiesing (19th/24:03), Lisa Schroeck (21st/24:17), Heidi Nathan (24th/24:33)
Sept. 17	at Indiana Intercollegiate; West Lafayette, Ind.	5K/63		5th/8	Rachael Button (17th/19:11), Rachel Nelson (26th/19:39), Heidi Nathan (27th/19:43), Jobeth Schmiesing (30th/19:44), Ashley Billstrom (36th/19:53)
Oct. 1	at Notre Dame Invitational. Notre Dame, Ind.	5K/154		5th/19	Rachael Button (19th/18:49), Rachel Nelson (37th/19:05), Heidi Nathan (53rd/19:19), Jobeth Schmiesing (62nd/19:23), Ashley Billstrom (64th/19:25)
Oct. 2	at Loyola Lakefront Invitational; Chicago, Ill.	5K/210		23rd/24	Kristy Popp (163rd/20:31), Tami McDunn (175th/20:52), Joanne Borchert (187th/21:28), Michelle Sexton (188th/21:29), Rena Kotynski (191st/21:36)
Oct. 16	at Evansville Invitational; Evansville, Ind.	5K/91		2nd/8	Danielle Nunnelly (4th/17:52), Rachael Button (12th/18:29), Jobeth Schmiesing (14th/18:35), Ashley Billstrom (17th/18:45), Rachel Nelson (18th/18:45)



Western Illinois

Location: Macomb, Ill.
Enrollment: 13,550
President: Dr. Al Goldfarb
Director of Athletics: Dr. Tim Van Alstine
Nickname: Leathernecks (M)/Westerwinds (W)
Joined Mid-Con: 1982
Head Coach: Mike Stevenson
Asst. Coach: Andy Sherwood
Top 2004 Men's 8K Time: Kyle Mikowski (25:44)
Top 2004 Women's 6K Time: Karen Wartgow (22:36)



Mid-Con Championship History

MEN'S

Best Team Finish: 1st (1991)
Best Team Score: 44 (1988)
Team Titles: 1 (1991)
All-Conference Selections: 27
Individual Champions: None

WOMEN'S

Best Team Finish: 2nd (1993, 00)
Best Team Score: 75 (1993)
Team Titles: None
All-Conference Selections: 11
Individual Champions: None

MID-CON CROSS COUNTRY CHAMPIONSHIP

Men's Championship Roster

Name	Yr.	Hometown/H.S. (Transfer School)	Top 8K Time in 2004	Name	Yr.	Hometown/H.S. (Transfer School)	Top 8K Time in 2004
Trevor Birkmeier	Sr.	Pekin, Ill./Peoria Notre Dame/North Central	25:48	Jeff Schoon	Sr.	Cherry Valley, Ill./Rockford	NT
Tyler Birkmeier	Sr.	Pekin, Ill./Peoria Notre Dame/North Central	26:54	Zach Somers	Sr.	Palatine, Ill./Palatine	26:34
Peter Christakos	So.	Johnston, Iowa/Johnston	26:00	Eric Stephan	Jr.	Carol Stream, Ill./Lisle	NT
Kyle Mikowski	Fr.	Elburn, Ill./Benet Academy	NT	David Traphagen	Fr.	Buffalo Grove, Ill./Stevenson	27:12
Josh Ralston	Fr.	Farmington, Ill./Farmington	27:01	Steven Wittleder	Jr.	St. Charles, Ill./St. Charles	27:23
Jared Rothlauf	Fr.	Fort Madison, Iowa/Fort Madison	27:41				

MEN'S RESULTS

Date	Event	Dist./Participants	Finish	Top Five Finishers (Place/Time)
Sept. 4	WIU Early Bird Invitational; Macomb, Ill.	6K/29	1st/3	Peter Christakos (1st/19:10), Tyler Berkmeier (2nd/19:13), Kyle Mikowski (3rd/19:18), Trevor Birkmeier (4th/19:33), David Traphagen (5th/19:49)
Sept. 17	at Panther Invitational; Charleston, Ill.	8K/77	4th/7	Peter Christakos (14th/26:00), Kyle Mikowski (15th/26:01), Zach Somers (26th/26:51), Tyler Birkmeier (28th/26:56), Josh Ralston (29th/27:01)
Oct. 1	at Notre Dame Invitational. Notre Dame, Ind.	8K/216	13th/26	Kyle Mikowski (46th/25:44), Trevor Birkmeier (52nd/25:48), Peter Christakos (73rd/26:05), Zach Somers (94th/26:26), Tyler Birkmeier (117th/26:54)
Oct. 16	at NCAA Pre-Nationals (Open); Terre Haute, Ind.	8K/242	6th/35	Peter Christakos (20th/26:00), Kyle Mikowski (30th/26:11), Zach Somers (50th/26:34), Trevor Birkmeier (58th/26:51), Tyler Birkmeier (74th/27:16)
Oct. 23	at Knox Invitational; Galesburg, Ill.	8K/65	NTS	David Traphagen (3rd/28:36), Doug Rackow (19th/30:05)

Women's Championship Roster

Name	Yr.	Hometown/H.S. (Transfer School)	Top 8K Time in 2004	Name	Yr.	Hometown/H.S. (Transfer School)	Top 8K Time in 2004
Stephanie Abram	Fr.	Palatine, Ill./Palatine	23:54	Mary Scott	Fr.	Mahomet, Ill./Mahomet-Seymour	NT
Rebekah Brunner	Jr.	Aurora, Ill./Christian	NT	Sarah Swain	Jr.	Chatham, Ill./Glenwood (Illinois State)	23:08
Kerry Herdman	So.	Lockport, Ill./Lockport Township	NT	Muriel Ward	Fr.	Macomb, Ill./Macomb	NT
Denise Herring	Jr.	Roscoe, Ill./Harlen	NT	Karen Wartgow	Sr.	Belvidere, Ill./Belvidere (Kentucky)	22:39
Amber Hussain	So.	Round Lake Beach, Ill./Round Lake	NT	Beth Whalen	Fr.	Bettendorf, Iowa/Bettendorf	23:31
Melissa Jay	Fr.	Ottumwa, Iowa/Ottumwa	NT	Courtney Zueck	Sr.	Wauconda, Ill./Glenbrook North	25:13
Darcy Pavlik	Jr.	Palos Heights, Ill./A.A. Stagg	24:10				
Chandel Ray	Fr.	Toledo, Ill./Cumberland	NT				

WOMEN'S RESULTS

Date	Event	Dist./Participants	Finish	Top Five Finishers (Place/Time)
Sept. 4	WIU Early Bird Invitational; Macomb, Ill.	4K/27	1st/3	Sarah Swain (1st/14:30), Karen Wartgow (2nd/14:37), Stephanie Abram (3rd/15:22), Beth Whalen (4th/15:23), Mary Scott (5th/15:30)
Sept. 17	at Panther Invitational; Charleston, Ill.	5K/71	2nd/7	Sarah Swain (4th/18:11), Karen Wartgow (11th/18:52), Stephanie Abram (13th/19:03), Beth Whalen (16th/19:11), Melissa Jay (24th/19:49)
Oct. 1	at Notre Dame Invitational. Notre Dame, Ind.	5K/154	7th/19	Sarah Swain (6th/18:22), Karen Wartgow (18th/18:48), Beth Whalen (41st/19:12), Courtney Zueck (72nd/19:33), Darcy Pavlik (82nd/19:38)
Oct. 16	at NCAA Pre-Nationals; Terre Haute, Ind.	6K/191	5th/10	Karen Wartgow (9th/22:39), Sarah Swain (19th/23:08), Beth Whalen (38th/23:31), Stephanie Abram (50th/23:54), Darcy Pavlik (58th/24:10)
Oct. 23	at Knox Invitational; Galesburg, Ill.	5K/68	1st/6	Melissa Jay (1st/20:27), Rebekah Brunner (2nd/20:39), Mary Scott (3rd/21:15), Amber Hussain (10th/21:46), Tamara Colin (18th/22:06)



2003 Championship Review

2003 Mid-Con Cross Country Championships Tulsa, Okla. • Oral Roberts University

2003 Mid-Con Cross Country All-Conference Teams

MEN

First Team

Majeed Abudu, Southern Utah
Jason Bruscha, Oakland
Charles Degnan, Southern Utah
Adam Frezza, Oakland
Sean McLachlan, Southern Utah
Cody Moat, Southern Utah
Brad Parker, Southern Utah

Second Team

David Comiskey, Chicago State
John Cook, Oakland
Brandon Fisk, Oakland
Chad Sanada, Southern Utah
Seth Thompson, Southern Utah
Luke Williams, Oakland
Wes Wooden, Western Illinois

Athlete of the Year

Cody Moat, Southern Utah

Newcomer of the Year

Rabah Rahil, IUPUI

Coach of the Year

Eric Houle, Southern Utah

WOMEN

First Team

Alisha Bezanson, Southern Utah
Lyndsey Emerson, IUPUI
Stephanie Hart, Southern Utah
Kristie Kieffer, Oakland
Melissa Nasers, Oakland
Natalie Quilter, Southern Utah
Maegan Schmutz, Southern Utah

Second Team

Carma Barnett, Southern Utah
Theresa Gadbois, Western Illinois
Amy Mikel, Valparaiso
Rachel Nelson, Valparaiso
Danielle Nunnely, Valparaiso
Kristi Pinnell, UMKC
Sarah Swain, Western Illinois

Athlete of the Year

Kristie Kieffer, Oakland

Newcomer of the Year

Danielle Nunnely, Valparaiso

Coach of the Year

Eric Houle, Southern Utah

Men's Team Results - 8K

Team	Points
1. Southern Utah	21
2. Oakland	40
3. Western Illinois	105
4. Valparaiso	127
5. IUPUI	129
6. UMKC	159
7. Chicago State	177
8. Oral Roberts	210
9. Centenary	272

1. Cody Moat, Southern Utah	24:55.35
2. Majeed Abudu, Southern Utah	25:14.37
3. Adam Frezza, Oakland	25:18.31
4. Jason Bruscha, Oakland	25:29.89
5. Charles Degnan, Southern Utah	25:31.82
6. Brad Parker, Southern Utah	25:37.95
7. Sean McLachlan, Southern Utah	25:42.92
8. John Cook, Oakland	25:56.51
9. Chad Sanada, Southern Utah	26:00.10
10. David Comiskey, Chicago State	26:00.75
11. Seth Thompson, Southern Utah	26:05.16
12. Luke Williams, Oakland	26:08.97
13. Brandon Fisk, Oakland	26:09.42
14. Wes Wooden, Western Illinois	26:10.35
15. Tyler Birkmeier, Western Illinois	26:11.67
16. Seth Summerside, UMKC	26:17.83
17. Nate Nunnely, Valparaiso	26:18.32
18. Rabah Rahil, IUPUI	26:18.95
19. Rick Wenger, Valparaiso	26:21.16
20. Shaun Walker, UMKC	26:26.67
21. Chris Orosz, Valparaiso	26:33.62
22. Ryan Hopper, IUPUI	26:37.06
23. Trevor Birkmeier, Western Illinois	26:39.49
24. Zach Somers, Western Illinois	26:41.94
25. Paul Kulisek, Oakland	26:42.81
26. Josh Lantz, IUPUI	26:44.44
27. Guillaume Kellogg, Chicago State	26:45.81
28. Nate Houle, Southern Utah	26:47.70
29. Aaron Barton, UMKC	26:49.39
30. Peter Christakos, Western Illinois	26:49.98
31. Matt Kinley, IUPUI	27:00.15
32. Matt Blume, Valparaiso	27:03.75
33. Jeff Schoon, Western Illinois	27:04.15
34. Brandon Cole, IUPUI	27:12.73
35. Sean Meacham, IUPUI	27:14.20
36. Ryan DeCook, Oakland	27:15.73
37. Leonard Randall, Oral Roberts	27:18.00
38. Mike Urbanik, IUPUI	27:19.95
39. Eric Stephan, Western Illinois	27:23.14
40. Justin Reuter, IUPUI	27:40.03
41. Adam Piaszkowy, Valparaiso	27:45.41
42. Adriano Schultz, Valparaiso	27:56.50
43. Jasen Toussaint, Western Illinois	28:05.22
44. Shawn Moore, IUPUI	28:06.50
45. Joseph Zick, Oakland	28:09.02
46. Spencer Smith, Oral Roberts	28:23.49
47. Dennis Kabara, Valparaiso	28:25.89
48. Steve Wittleder, Western Illinois	28:27.72
49. Shawn Venable, Oral Roberts	28:46.91
50. Jeremy Paul, Valparaiso	28:52.98
51. Adam Rodriguez, Chicago State	28:58.01
52. Kyle Jones, Valparaiso	29:01.07
53. Tim Copacia, Oakland	29:16.56
54. Wilson Koech, Chicago State	29:39.00
55. Daniel Phelps, Oral Roberts	30:39.07
56. Roland Hemmings, UMKC	31:15.35
57. Stephen Proctor, UMKC	31:19.61
58. Mike Williams, Oral Roberts	31:19.99
59. David Reiland, Centenary	32:31.93
60. Mike Runnels, Chicago State	33:37.20
61. Shaun Carnegie, UMKC	33:42.75
62. Brian Williams, Centenary	33:43.05
63. Steven Deas, Centenary	33:56.51
64. Gary Ward, Chicago State	34:22.54
65. Richard Petzold, Oral Roberts	34:39.44
66. Jeffrey Stotts, Centenary	34:40.25
67. Michael Maricelli, Centenary	36:34.10
68. Tony Burmistrz, Chicago State	38:41.02

Women's Team Results - 6K

Team	Points
1. Southern Utah	26
2. Oakland	65
3. Valparaiso	68
4. Western Illinois	93
5. IUPUI	130
6. UMKC	165
7. Oral Roberts	181
8. Chicago State	220
-- Centenary	NTS

1. Kristie Kieffer, Oakland	21:25.22
2. Alisha Bezanson, Southern Utah	21:55.15
3. Melissa Nasers, Oakland	22:23.51
4. Maegan Schmutz, Southern Utah	22:32.02
5. Stephanie Hart, Southern Utah	22:33.80
6. Natalie Quilter, Southern Utah	22:35.88
7. Lyndsey Emerson, IUPUI	22:40.48
8. Sarah Swain, Western Illinois	22:41.90
9. Carma Barnett, Southern Utah	22:43.64
10. Danielle Nunnely, Valparaiso	23:03.27
11. Kristi Pinnell, UMKC	23:10.44
12. Theresa Gadbois, Western Illinois	23:14.88
13. Rachel Nelson, Valparaiso	23:16.42
14. Amy Mikel, Valparaiso	23:17.39
15. Amanda Lee, Valparaiso	23:20.84
16. Heidi Nathan, Valparaiso	23:30.72
17. Arianne Brown, Southern Utah	23:34.39
18. Sarah Kane, Oakland	23:34.86
19. Kim Schultz, Oakland	23:35.75
20. Amanda Moore, Oral Roberts	23:36.87
21. Glennis Seldon, Oral Roberts	23:43.46
22. Darcy Pavlik, Western Illinois	23:44.67
23. Andrea Jones, IUPUI	23:48.31
24. Laura Fisher, Oakland	23:49.60
25. Lana Ciaccio, Western Illinois	23:50.00
26. Eva Zellman, Western Illinois	23:50.58
27. Courtney Zueck, Western Illinois	23:52.53
28. Elizabeth Whiting, Valparaiso	23:54.95
29. Victoria Parent, Western Illinois	23:55.46
30. Rachel Stoehr, Valparaiso	24:04.30
31. Karen Wartgow, Western Illinois	24:06.35
32. Jobeth Schmiesing, Valparaiso	24:08.39
33. Megan Flynn, IUPUI	24:11.84
34. Esther Seitz, Centenary	24:18.52
35. Erin Vickery-Swalley, IUPUI	24:20.26
36. Amanda James, UMKC	24:24.70
37. Elizabeth Kinneer, Valparaiso	24:29.79
38. Abidemi Charles, Chicago State	24:31.04
39. Amber Nagel, Oakland	24:43.20
40. Kathy Harenski, Oakland	24:47.22
41. Jennifer Hainline, Western Illinois	25:06.62
42. Jenny Furge, IUPUI	25:19.88
43. Holly Gureski, UMKC	25:31.89
44. Marissa Montgomery, Oakland	25:36.79
45. Jessica Turner, Chicago State	25:41.84
46. Jackie Favreau, Southern Utah	25:51.13
47. Jody Bridgens, UMKC	26:01.99
48. Danielle Skaggs, UMKC	26:10.92
49. Alissa Tielking, IUPUI	26:16.37
50. Kara Coraci, Oakland	26:27.39
51. Janae Davis, Oral Roberts	27:06.27
52. Rachel Crook, Oral Roberts	27:18.32
53. Natalie Weihart, IUPUI	27:38.97
54. Miranda Wettstein, UMKC	28:37.53
55. Cheri Haynes, Chicago State	29:09.69
56. DeNell Jones, Chicago State	29:10.18
57. Eva Watkins, Chicago State	29:31.16
58. Latonya Swanson, Oral Roberts	29:44.17
59. Taylor Robertson, Centenary	29:44.47
60. Abby Smith, Oral Roberts	30:02.86
61. Kimberlee Mosley, Chicago State	30:09.96
62. Leslie Ford, Chicago State	31:42.24





Men's Cross Country History



Year-By-Year Results

1982

Oct. 30, 1982 at Eastern Illinois – 8K

1. Northern Iowa	38
2. Eastern Illinois	39
3. SW Missouri State	57
4. Valparaiso	96
5. Western Illinois	120
6. Illinois-Chicago	190
-- UW-Green Bay	NTS

1983

Oct. 29, 1983 at Northern Iowa – 10K

1. Northern Iowa	42
2. Cleveland State	51
3. SW Missouri State	52
4. Eastern Illinois	75
5. Western Illinois	161
6. Valparaiso	179
7. UW-Green Bay	189
8. Illinois-Chicago	283

1984

Oct. 27, 1984 at Valparaiso – 10K

1. Northern Iowa	48
2. SW Missouri State	48
3. Eastern Illinois	76
4. Cleveland State	77
5. Western Illinois	91
6. UW-Green Bay	205
7. Illinois-Chicago	210

1985

Nov. 2, 1985 at SW Missouri State – 10K

1. SW Missouri State	23
2. Northern Iowa	37
3. Eastern Illinois	81
4. Western Illinois	103
5. Cleveland State	155
6. UW-Green Bay	177
7. Valparaiso	194
8. Illinois-Chicago	226

1986

Nov. 1, 1986 at Western Illinois – 8K

1. SW Missouri State	32
2. Northern Iowa	58
3. Cleveland State	104
Western Illinois	104
5. Valparaiso	189
6. UW-Green Bay	190
-- Illinois-Chicago	NTS

1987

Oct. 31, 1987 at UW-Green Bay – 8K

1. SW Missouri State	23
2. Northern Iowa	60
3. Western Illinois	74
4. Eastern Illinois	96
5. Cleveland State	124
6. Valparaiso	196
7. UW-Green Bay	198
8. Illinois-Chicago	225

1988

Oct. 29, 1988 at Cleveland State – 8K

1. Northern Iowa	28
2. Western Illinois	44
3. SW Missouri State	50
4. Cleveland State	115
5. Eastern Illinois	152
6. Valparaiso	169
7. Illinois-Chicago	206
8. UW-Green Bay	229

1989

Oct. 28, 1989 at Illinois-Chicago – 8K

1. SW Missouri State	37
2. Northern Iowa	73
3. Western Illinois	75
4. Eastern Illinois	82
5. Cleveland State	100
6. Akron	163
7. Illinois-Chicago	179
8. Valparaiso	217
9. UW-Green Bay	266

1990

Oct. 27, 1990 at Akron – 8K

1. Northern Iowa	41
2. Cleveland State	52
3. Eastern Illinois	57
4. Western Illinois	91
5. Valparaiso	151
6. Akron	162
7. Illinois-Chicago	192
8. UW-Green Bay	229

1991

Nov. 2, 1991 at Eastern Illinois – 8K

1. Western Illinois	53
2. Youngstown State	71
3. Eastern Illinois	96
4. Akron	103
5. Cleveland State	107
6. Illinois-Chicago	158
7. Wright State	162
8. Valparaiso	196
9. UW-Green Bay	234

1992

Oct. 30, 1992 at Western Illinois – 8K

1. Cleveland State	29
2. UW-Milwaukee	64
3. Eastern Illinois	82
4. Western Illinois	97
5. Youngstown State	144
6. Valparaiso	165
7. Wright State	195
8. UW-Green Bay	196
9. Illinois-Chicago	209

1993

Oct. 29, 1993 at Valparaiso – 8K

1. UW-Milwaukee	42
2. Eastern Illinois	43
3. Western Illinois	86
4. Youngstown State	104
5. Valparaiso	137
6. Illinois-Chicago	142
7. Wright State	164
8. UW-Green Bay	226

1994

Oct. 29, 1994 at Northeastern Illinois – 8K

1. Youngstown State	49
2. Western Illinois	59
3. Eastern Illinois	63
4. Buffalo	73
5. UMKC	144
6. Valparaiso	164
7. Troy State	181
8. Central Connecticut State	234
9. Chicago State	286
10. Northeastern Illinois	297

1995

Oct. 28, 1995 at Youngstown State – 8K

1. Youngstown State	51
2. Buffalo	56
3. Eastern Illinois	75
4. Valparaiso	112
5. Troy State	131
6. UMKC	135
7. Western Illinois	149
8. Northeastern Illinois	235
9. Chicago State	281
10. Central Connecticut State	304

1996

Nov. 2, 1996 at Valparaiso – 8K

1. Youngstown State	47
2. Buffalo	54
3. Western Illinois	79
4. Valparaiso	102
5. UMKC	103
6. Troy State	151
7. Northeastern Illinois	187
8. Central Connecticut State	211
9. Chicago State	295

1997

Nov. 1, 1997 at Buffalo – 8K

1. Southern Utah	26
2. UMKC	47
3. Youngstown State	117
4. Buffalo	120
5. Valparaiso	141
6. Western Illinois	156
7. Oral Roberts	189
8. Northeastern Illinois	229
9. Chicago State	232

1998

Oct. 31, 1998 at Chicago State – 8K

1. Southern Utah	38
2. Youngstown State	46
3. UMKC	54
4. Valparaiso	131
5. Oral Roberts	136
6. Western Illinois	166
7. IUPUI	186
8. Chicago State	229

1999

Oct. 30, 1999 at UMKC – 8K

1. Southern Utah	29
2. UMKC	60
3. Youngstown State	91
4. Valparaiso	104
5. Oakland	130
6. Oral Roberts	131
7. Western Illinois	165
8. IUPUI	228
9. Chicago State	275

2000

Oct. 28, 2000 at Western Illinois – 8K

1. Southern Utah	22
2. UMKC	68
3. Youngstown State	92
4. Valparaiso	99
5. Oakland	117
6. Western Illinois	175
7. IUPUI	177
8. Oral Roberts	190
9. Chicago State	219

2001

Oct. 27, 2001 at Southern Utah – 8K

1. Southern Utah	35
2. Oakland	60
3. IUPUI	102
4. UMKC	113
5. Valparaiso	126
6. Oral Roberts	127
7. Western Illinois	141
8. Chicago State	193

2002

Nov. 2, 2002 at IUPUI - 8K

1. Oakland	34
2. Southern Utah	42
3. UMKC	90
4. Western Illinois	110
5. IUPUI	123
6. Valparaiso	145
7. Chicago State	176
8. Oral Roberts	194

2003

Nov. 1, 2003 at Oral Roberts - 8K

1. Southern Utah	21
2. Oakland	40
3. Western Illinois	105
4. Valparaiso	127
5. IUPUI	129
6. UMKC	159
7. Chicago State	177
8. Oral Roberts	210
9. Centenary	272





Men's Cross Country History



Year-By-Year All-Conference Selections

1982

FIRST TEAM: Tim Warneke, Eastern Illinois (24:34), Perry Edinger, Eastern Illinois (24:41), Scott Mantoosh, SW Missouri State (24:47), Chris Leonard, Northern Iowa (24:55), Dan Fick, Northern Iowa (25:06)

SECOND TEAM: Carlos Valdez, Northern Iowa (25:20), Tom Becker, SW Missouri State (25:28), Bob Beine, Eastern Illinois (25:29), Mike Cantway, Valparaiso (25:35), Mike Warren, Western Illinois (25:40)

ATHLETE OF THE YEAR: Tim Warneke, Eastern Illinois

COACH OF THE YEAR: Lynn King, Northern Iowa

1983

FIRST TEAM: Corey Frost, Cleveland State (30:13), Dan Fick, Northern Iowa (30:27), Chris Leonard, Northern Iowa (30:48), Mike Schmidt, Cleveland State (30:58), John Gassman, Eastern Illinois (31:02)

SECOND TEAM: Pat Frederick, SW Missouri State (31:04), Dave Mora, Cleveland State (31:05), Scott Mantoosh, SW Missouri State (31:08), Donnie White (SW Missouri State (31:11), Scott Pillsbury, Eastern Illinois (31:17)

ATHLETE OF THE YEAR: Corey Frost, Cleveland State

COACH OF THE YEAR: Lynn King, Northern Iowa

1984

FIRST TEAM: Pat Frederick, SW Missouri State (32:47), Dan Fick, Northern Iowa (32:58), Nick Whiteside, Eastern Illinois (33:01), Matt McCormick, Western Illinois (33:42), Scott Pillsbury, Eastern Illinois (33:44)

SECOND TEAM: Chris Rupe, Cleveland State (33:55), Sean Seley, SW Missouri State (34:01), Todd Goodell, Northern Iowa (34:05), Brian Glassmaker, Northern Iowa (34:07), Tim Mackert, Cleveland State (34:08)

ATHLETE OF THE YEAR: Pat Frederick, SW Missouri State

COACH OF THE YEAR: Richard Clark, SW Missouri State

1985

FIRST TEAM: Matt Wegenka, SW Missouri State (30:44), Branton White, SW Missouri State (30:47), Todd Goodell, Northern Iowa (30:58), Kevin Martin, SW Missouri State (31:13), Sean Seley, SW Missouri State (31:14)

SECOND TEAM: Bob Jirele, Northern Iowa (31:37), Steve Gearhart, Northern Iowa (31:51), Mitch McClure, Eastern Illinois (32:00), Dave Swanson, Northern Iowa (32:01), Steve Dittrich, Western Illinois (32:07)

ATHLETE OF THE YEAR: Matt Wegenka, SW Missouri State

COACH OF THE YEAR: Richard Clark, SW Missouri State

1986

FIRST TEAM: Dan Hostager, Northern Iowa (25:13), Sean Seley, SW Missouri State (25:15), Rich Hoffa, Cleveland State (25:30), Mark Palm, SW Missouri State (25:36), John Wells, Eastern Illinois (25:41)

SECOND TEAM: Tim Ryan, Western Illinois (25:47), Mike McTernan, SW Missouri State (25:48), Dan Scheffler, Eastern Illinois (25:49), Randy Starr, SW Missouri State (25:52), Mark Stasny, SW Missouri State (25:57)

ATHLETE OF THE YEAR: Dan Hostager, Northern Iowa

COACH OF THE YEAR: Richard Clark, SW Missouri State

1987

FIRST TEAM: Matt Wegenka, SW Missouri State (25:34), Ben Schoonover, SW Missouri State (25:49), Rich Hoffa, Cleveland State (26:02), Dan Hostager, Northern Iowa (26:10), Mike McTernan, SW Missouri State (26:12)

SECOND TEAM: Trent Timson, Northern Iowa (26:13), Mike Green, SW Missouri State (26:17), Dodd McClelland, SW Missouri State (26:19), Brian Oakley, Western Illinois (26:23), Jeff Albers, Western Illinois (26:26)

ATHLETE OF THE YEAR: Matt Wegenka, SW Missouri State

COACH OF THE YEAR: Richard Clark, SW Missouri State

1988

FIRST TEAM: Dan Hostager, Northern Iowa (24:59), Ben Schoonover, SW Missouri State (25:11), Tom Penningroth, Northern Iowa (25:45), Delbert Higgins, Western Illinois (25:49), John Ruth, Northern Iowa (26:08)

SECOND TEAM: Mark Bybee, Western Illinois (26:10), Randall Foster, SW Missouri State (26:11), Bill Castle, Northern Iowa (26:12), Clemente Salazar, Western Illinois (26:13), Andy Tarry, SW Missouri State (26:14)

ATHLETE OF THE YEAR: Dan Hostager, Northern Iowa

COACH OF THE YEAR: Chris Bucknam, Northern Iowa

1989

FIRST TEAM: Bill Castle, Northern Iowa (25:21), Bill Kitchell, Western Illinois (25:32), Dodd McClelland, SW Missouri State (25:41), Andy Tarry, SW Missouri State (25:44), Steve Wagner, SW Missouri State (25:49)

SECOND TEAM: Trent Timson, Northern Iowa (25:53), Shannon Hough, Eastern Illinois (25:58), Jeff Reed, Western Illinois (26:04), John Wells, Eastern Illinois (26:08), Rick Doering, SW Missouri State (26:13)

ATHLETE OF THE YEAR: Bill Castle, Northern Iowa

COACH OF THE YEAR: Richard Clark, SW Missouri State

1990

FIRST TEAM: Pat Joyce, Cleveland State (25:23), Bill Castle, Northern Iowa (26:04), Daryl Fagan, Cleveland State (26:18), Bill Kitchen, Western Illinois (26:24), Jim Fagan, Eastern Illinois (26:29)

SECOND TEAM: Trent Timson, Northern Iowa (26:27), Jeff Reed, Western Illinois (26:30), Mike Shaffer, Northern Iowa (26:32), John Eggenberger, Eastern Illinois (26:34), Todd Orvis, Western Illinois (26:34)

ATHLETE OF THE YEAR: Pat Joyce, Cleveland State

COACH OF THE YEAR: Chris Bucknam, Northern Iowa

1991

FIRST TEAM: Bob Marchinko, Cleveland State (25:05), Eric Baron, Eastern Illinois (25:10), Todd Orvis, Western Illinois (25:13), Keith Gorby, Youngstown State (25:25), Jeff Reed, Western Illinois (25:31)

SECOND TEAM: Eric Detmer, Western Illinois (25:42), Scott Touchette, Eastern Illinois (25:45), Dale Fiorito, Illinois-Chicago (25:53), Steve Boyd, Youngstown State (25:54), Lorenzo Thomas, Cleveland State (25:54)

ATHLETE OF THE YEAR: Bob Marchinko, Cleveland State

COACH OF THE YEAR: Joe Flannery, Western Illinois

1992

FIRST TEAM: Pat Joyce, Cleveland State (25:28), Shaun Barnes, UW-Milwaukee (25:58), Eric Detmer, Western Illinois (26:02), Scott Brinen, UW-Milwaukee (26:09), Lorenzo Thomas, Cleveland State (26:16)

SECOND TEAM: Daryl Gray, Cleveland State (26:22), Jeff Trask, Eastern Illinois (26:22), Brian Bechtel, Cleveland State (26:26), Rob Kubic, Cleveland State (26:31), Jeremy Zarins, Youngstown State (26:32)

ATHLETE OF THE YEAR: Pat Joyce, Cleveland State

NEWCOMER OF THE YEAR: Scott Brinen, UW-Milwaukee

COACH OF THE YEAR: Dave Burger, Cleveland State

1993

FIRST TEAM: Nate Shaffer, Eastern Illinois (25:06), Keith Gorby, Youngstown State (25:15), David Lewis, Eastern Illinois (25:27), Scott Brinen, UW-Milwaukee (25:28), Jeff Trask, Eastern Illinois (25:35)

SECOND TEAM: Chad Zehm, UW-Milwaukee (25:40), Shaun Barnes, UW-Milwaukee (25:44), Nate Iben, Valparaiso (25:51), Chad Alexander, Western Illinois (25:56), Tony Taylor, Western Illinois (25:58)

ATHLETE OF THE YEAR: Nate Shaffer, Eastern Illinois

NEWCOMER OF THE YEAR: Chad Alexander, Western Illinois

COACH OF THE YEAR: Pete Corfeld, UW-Milwaukee

1994

FIRST TEAM: Justin Weiss, Eastern Illinois (27:06), Mark Brady, Youngstown State (27:25), Kirk Manley, Western Illinois (27:27), Jeff Green, Western Illinois (27:32), Charlie Moynihan, Buffalo (27:34)

SECOND TEAM: Donn Craig, Youngstown State (27:41), Chris Keenan, Buffalo (27:41), Dave Venhaus, Eastern Illinois (27:43), James Leifheit, Valparaiso (27:45), Matt Eckberg, Western Illinois (27:50)

ATHLETE OF THE YEAR: Justin Weiss, Eastern Illinois

NEWCOMER OF THE YEAR: Mark Brady, Youngstown State

COACH OF THE YEAR: Brian Gorby, Youngstown State

1995

FIRST TEAM: John Stanley, Troy State (25:18), Justin Weiss, Eastern Illinois (25:24), Charlie Moynihan, Buffalo (25:25), Nate Iben, Valparaiso (25:32), Mark Brady, Youngstown State (25:47)

SECOND TEAM: Chris Keenan, Buffalo (25:56), Donn Craig, Youngstown State (25:57), Nate Shaffer, Eastern Illinois (25:58), Matt Folk, Youngstown State (26:02), Dan McSherry, Buffalo (26:04)

ATHLETE OF THE YEAR: John Stanley, Troy State

NEWCOMER OF THE YEAR: Dan McSherry, Buffalo

COACH OF THE YEAR: Brian Gorby, Youngstown State

1996

FIRST TEAM: John Stanley, Troy State (25:18), Dan Silva, Northeastern Illinois (25:31), Matt Folk, Youngstown State (25:36), Adam Finley, Western Illinois (25:43), Chris Keenan, Buffalo (25:51)

SECOND TEAM: Chris Emory, Youngstown State (25:55), Chris Bossert, Buffalo (25:59), Dan Uskert, Valparaiso (26:00), Mark Brady, Youngstown State (26:02), Tim Chambers, UMKC (26:04)

ATHLETE OF THE YEAR: John Stanley, Troy State

NEWCOMER OF THE YEAR: Patrick Nolan, Buffalo

COACH OF THE YEAR: Brian Gorby, Youngstown State

1997

FIRST TEAM: Jody Benson, Southern Utah (25:02), John Thorpe, UMKC (25:18), Phil Woolston, Southern Utah (25:31), Dennis Machooka, Northeastern Illinois (25:49), Chris Merkley, Southern Utah (25:53)

SECOND TEAM: Tim Chambers, UMKC (26:03), Dan Uskert, Valparaiso (26:08), Ted Hansen, Southern Utah (26:10), Mark Wright, Southern Utah (26:10), Chris Emory, Youngstown State (26:19)

ATHLETE OF THE YEAR: Jody Benson, Southern Utah

NEWCOMER OF THE YEAR: John Thorpe, UMKC

COACH OF THE YEAR: Eric Houle, Southern Utah

1998

FIRST TEAM: Curtis Moore, Southern Utah (24:38), Mark Wright, Southern Utah (24:40), Zak James, Southern Utah (24:43), Matt Folk, Youngstown State (25:07), Ben Houlberg, Oral Roberts (25:20), Mark Brady, Youngstown State (25:27), Misgina Kifleyesus, UMKC (25:38)

SECOND TEAM: Paul Carter, Youngstown State (25:40), Brad Rodman, UMKC (25:47), Daniel Radkowiec, UMKC (25:53), Will Edwards, Youngstown State (25:54), Adam Moore, Southern Utah (25:54), Sean Bernsen, UMKC (25:58), Dan Uskert, Valparaiso (26:00)

ATHLETE OF THE YEAR: Curtis Moore, Southern Utah

NEWCOMER OF THE YEAR: Brad Rodman, UMKC

COACH OF THE YEAR: Eric Houle, Southern Utah

1999

FIRST TEAM: Jody Benson, Southern Utah (24:37.30), Curtis Moore, Southern Utah (24:43.17), Ben Houlberg, Oral Roberts (25:07.07), Zak James, Southern Utah (25:07.86), Mark Wright, Southern Utah (25:18.19), Aaron Crague, Valparaiso (25:38.06), Tim Tatarka, Youngstown State (25:38.70)

SECOND TEAM: Danny Silva, UMKC (25:52.37), Bill Monnett, Oakland (25:57.20), Misgina Kifleyesus, UMKC (26:05.13), Will Edwards, Youngstown State (26:05.89), Steve Jones, Western Illinois (26:10.93), Curtis Justice, UMKC (26:14.75), Jeremy Combs, UMKC (26:15.59)

ATHLETE OF THE YEAR: Jody Benson, Southern Utah

NEWCOMER OF THE YEAR: Curtis Justice, UMKC

COACH OF THE YEAR: Eric Houle, Southern Utah

2000

FIRST TEAM: Curtis Moore, Southern Utah (24:16), Zak James, Southern Utah (24:29), Mark Wright, Southern Utah (24:42), Ben Houlberg, Oral Roberts (25:05), Aaron Crague, Valparaiso (25:20), Bill Hibdon, UMKC (25:26), Dustin Hudspeth, Southern Utah (25:30)

SECOND TEAM: Jon Schiemann, Valparaiso (25:31), Adam Brown, Southern Utah (25:36), Curtis Justice, UMKC (25:39), Jeremy Wilson, UMKC (25:40), Nate Nunnely, Valparaiso (25:40), Jon Harman, UMKC (25:42), Brian Laraway, Youngstown State (25:46)

ATHLETE OF THE YEAR: Curtis Moore, Southern Utah

NEWCOMER OF THE YEAR: Jeremy Rhiem, Youngstown State

COACH OF THE YEAR: Eric Houle, Southern Utah

2001

FIRST TEAM: Omar Brooks, Oral Roberts (26:04.2), Seth Thompson, Southern Utah (26:04.6), Aaron Crague, Valparaiso (26:22.1), Majeed Abudu, Southern Utah (26:30.1), Jason Bruscha, Oakland (26:37.8), Matt Schmitt, IUPUI (26:58.5), J.D. Nielson, Southern Utah (27:04.0)

SECOND TEAM: Adam Frezza, Oakland (27:13.0), Cody Moat, Southern Utah (27:16.2), Bill Hibdon, UMKC (27:17.5), Rajiv Maina, Oral Roberts (27:18.1), Jon Kelley, UMKC (27:20.5), Cory Jeffers, Southern Utah (27:23.9), Paul Kulisek, Oakland (27:40.5)

ATHLETE OF THE YEAR: Omar Brooks, Oral Roberts

NEWCOMER OF THE YEAR: J.D. Nielson, Southern Utah

COACH OF THE YEAR: Paul Rice, Oakland

2002

FIRST TEAM: Bill Hibdon, UMKC (25:12), Paul Kulisek, Oakland (25:17), J.D. Nielson, Southern Utah (25:18), David Sheeran, Southern Utah (25:23), Adam Frezza, Oakland (25:31), Jon Kelley, UMKC (25:40), Sean McLachlan, Southern Utah (25:45)

SECOND TEAM: John Cook, Oakland (25:52), Ryan Bissell, Oakland (25:57), Jason Bruscha, Oakland (25:58), Wes Wooden, Western Illinois (26:03), Aared Sampson, Southern Utah (26:07), Seth Summerside, UMKC (26:07), Brandon Fisk, Oakland (26:09)

ATHLETE OF THE YEAR: Bill Hibdon, UMKC

NEWCOMER OF THE YEAR: David Sheeran, Southern Utah

COACH OF THE YEAR: Paul Rice, Oakland

2003

FIRST TEAM: Cody Moat, Southern Utah (24:55.35), Majeed Abudu, Southern Utah (24:55.35), Adam Frezza, Oakland (25:18.31), Jason Bruscha, Oakland (25:29.89), Charles Degnan, Southern Utah (25:31.82), Brad Parker, Southern Utah (25:37.95), Sean McLachlan, Southern Utah (25:42.92)

SECOND TEAM: John Cook, Oakland (25:56.51), Chad Sanada, Southern Utah (26:00.10), David Comiskey, Chicago State (26:00.75), Seth Thompson, Southern Utah (26:05.16), Luke Williams, Oakland (26:08.97), Brandon Fish, Oakland (26:09.42), Wes Wooden, Western Illinois (26:10.35)

ATHLETE OF THE YEAR: Cody Moat, Southern Utah

NEWCOMER OF THE YEAR: Rabah Rahil, IUPUI

COACH OF THE YEAR: Eric Houle, Southern Utah





Men's Cross Country History



Yearly Championship Results

Year	Champion	Score	Runner-Up	Score	Individual Champion	Time	Distance	Site
1982	Northern Iowa	38	Eastern Illinois	39	Tim Warneke, Eastern Illinois	24:34	8K	Charleston, Ill.
1983	Northern Iowa	41	Cleveland State	51	Corey Frost, Cleveland State	30:13	10K	Cedar Falls, Iowa
1984	Northern Iowa	48	SW Missouri State	48	Pat Frederick, SW Missouri State	32:47	10K	Valparaiso, Ind.
1985	SW Missouri State	23	Northern Iowa	37	Matt Wegenka, SW Missouri State	30:44	10K	Springfield, Mo.
1986	SW Missouri State	32	Northern Iowa	58	Dan Hostager, Northern Iowa	25:13	8K	Macomb, Ill.
1987	SW Missouri State	23	Northern Iowa	60	Matt Wegenka, SW Missouri State	25:34	8K	Green Bay, Wis.
1988	Northern Iowa	28	Western Illinois	44	Dan Hostager, Northern Iowa	24:59	8K	Cleveland, Ohio
1989	SW Missouri State	37	Northern Iowa	73	Bill Castle, Northern Iowa	25:21	8K	Chicago, Ill.
1990	Northern Iowa	41	Cleveland State	52	Pat Joyce, Cleveland State	25:23	8K	Akron, Ohio
1991	Western Illinois	53	Youngstown State	71	Bob Marchinko, Cleveland State	25:05	8K	Charleston, Ill.
1992	Cleveland State	29	UW-Milwaukee	64	Pat Joyce, Cleveland State	25:28	8K	Macomb, Ill.
1993	UW-Milwaukee	42	Eastern Illinois	43	Nate Shaffer, Eastern Illinois	25:06	8K	Valparaiso, Ind.
1994	Youngstown State	49	Western Illinois	59	Justin Weiss, Eastern Illinois	27:06	8K	Chicago, Ill.
1995	Youngstown State	51	Buffalo	56	John Stanley, Troy State	25:18	8K	Youngstown, Ohio
1996	Youngstown State	47	Buffalo	54	John Stanley, Troy State	25:18	8K	Valparaiso, Ind.
1997	Southern Utah	26	UMKC	47	Jody Benson, Southern Utah	25:02	8K	Buffalo, N.Y.
1998	Southern Utah	38	Youngstown State	46	Curtis Moore, Southern Utah	24:38	8K	Chicago, Ill.
1999	Southern Utah	29	UMKC	60	Jody Benson, Southern Utah	24:37.3	8K	Kansas City, Mo.
2000	Southern Utah	22	UMKC	68	Curtis Moore, Southern Utah	24:16	8K	Macomb, Ill.
2001	Southern Utah	35	Oakland	60	Omar Brooks, Oral Roberts	26:04.2	8K	Cedar City, Utah
2002	Oakland	34	Southern Utah	42	Bill Hibdon, UMKC	25:12	8K	Indianapolis, Ind.
2003	Southern Utah	21	Oakland	40	Cody Moat, Southern Utah	24:55.35	8K	Tulsa, Okla.

All-Time Team Champions

Northern Iowa (5), Southern Utah (6), SW Missouri State (4), Youngstown State (3) Cleveland State (1), Oakland (1), Western Illinois (1), UW-Milwaukee (1)

All-Time Individual Champions

Southern Utah (5), Cleveland State (4), Eastern Illinois (3), Northern Iowa (3), SW Missouri State (3), Troy State (2), UMKC (1), Oral Roberts (1)

Championship Records

Lowest Team Score

21 - Southern Utah, 2003
1st - Cody Moat
2nd - Majeed Abudu
5th - Charles Degnan
6th - Brad Parker
7th - Sean McLachlan

Highest Winning Team Score

53 - Western Illinois, 1991

Smallest Margin of Victory

0 - Northern Iowa (48), SW Missouri State (48), 1984
(UNI declared winner on fifth runner)
1 - Northern Iowa (38), Eastern Illinois (39), 1983

Largest Margin of Victory

46 - Southern Utah (22), UMKC (68), 2000

8K Championship Record

24:16 - Curtis Moore, Southern Utah, 2000
24:29 - Zak James, Southern Utah, 2000
24:34 - Tim Warneke, Eastern Illinois, 1982
24:37.3 - Jody Benson, Southern Utah, 1999
24:38 - Curtis Moore, Southern Utah, 1998

10K Championship Record

30:13 - Corey Frost, Cleveland State, 1983
30:27 - Dan Fick, Northern Iowa, 1983
30:44 - Matt Wegenka, SW Missouri State, 1985
30:47 - Branton White, SW Missouri State, 1985
30:48 - Chris Leonard, Northern Iowa, 1983

Multiple Individual Champions

2 - Jody Benson, Southern Utah (1997, 99)
2 - Dan Hostager, Northern Iowa (1986, 88)
2 - Pat Joyce, Cleveland State (1990, 92)
2 - Curtis Moore, Southern Utah (1998, 2000)
2 - John Stanley, Troy State (1995, 96)
2 - Matt Wegenka, SW Missouri State (1985, 87)

Conference Honors

Athlete of the Year

1982	Tim Warneke	Eastern Illinois
1983	Corey Frost	Cleveland State
1984	Pat Frederick	SW Missouri State
1985	Matt Wegenka	SW Missouri State
1986	Dan Hostager	Northern Iowa
1987	Matt Wegenka	SW Missouri State
1988	Dan Hostager	Northern Iowa
1989	Bill Castle	Northern Iowa
1990	Pat Joyce	Cleveland State
1991	Bob Marchinko	Cleveland State
1992	Pat Joyce	Cleveland State
1993	Nate Shaffer	Eastern Illinois
1994	Justin Weiss	Eastern Illinois
1995	John Stanley	Troy State
1996	John Stanley	Troy State
1997	Jody Benson	Southern Utah
1998	Curtis Moore	Southern Utah
1999	Jody Benson	Southern Utah
2000	Curtis Moore	Southern Utah
2001	Omar Brooks	Oral Roberts
2002	Bill Hibdon	UMKC
2003	Cody Moat	Southern Utah

Coach of the Year

1982	Lynn King	Northern Iowa
1983	Lynn King	Northern Iowa
1984	Richard Clark	SW Missouri State
1985	Richard Clark	SW Missouri State
1986	Richard Clark	SW Missouri State
1987	Richard Clark	SW Missouri State
1988	Chris Bucknam	Northern Iowa
1989	Richard Clark	SW Missouri State
1990	Chris Bucknam	Northern Iowa
1991	Joe Flannery	Western Illinois
1992	Dave Burger	Cleveland State
1993	Pete Corfeld	UW-Milwaukee
1994	Brian Gorby	Youngstown State
1995	Brian Gorby	Youngstown State
1996	Brian Gorby	Youngstown State
1997	Eric Houle	Southern Utah
1998	Eric Houle	Southern Utah
1999	Eric Houle	Southern Utah
2000	Eric Houle	Southern Utah
2001	Paul Rice	Oakland
2002	Paul Rice	Oakland
2003	Eric Houle	Southern Utah

Newcomer of the Year

1992	Scott Brinen	UW-Milwaukee
1993	Chad Alexander	Western Illinois
1994	Mark Brady	Youngstown State
1995	Dan McSherry	Buffalo
1996	Patrick Nolan	Buffalo
1997	John Thorpe	UMKC
1998	Brad Rodman	UMKC
1999	Curtis Judice	UMKC
2000	Jeremy Rhiem	Youngstown State
2001	J.D. Nielson	Southern Utah
2002	David Sheeran	Southern Utah
2003	Rabah Rahil	IUPUI



Women's Cross Country History



Year-By-Year Results

1992

Oct. 30, 1992 at Western Illinois - 5K

1. UW-Milwaukee	41
2. Eastern Illinois	54
3. Cleveland State	112
4. Youngstown State	117
5. UW-Green Bay	135
6. Wright State	148
7. Valparaiso	162
8. Western Illinois	169
9. Illinois-Chicago	241

1993

Oct. 29, 1993 at Valparaiso - 5K

1. UW-Milwaukee	48
2. Western Illinois	75
3. Wright State	91
4. Cleveland State	115
5. Youngstown State	125
6. Eastern Illinois	131
7. Valparaiso	140
8. Illinois-Chicago	180
9. UW-Green Bay	186

1994

Oct. 29, 1994 at Northeastern Illinois - 5K

1. Buffalo	36
2. Youngstown State	63
3. Eastern Illinois	82
4. Western Illinois	107
5. Troy State	140
6. Central Connecticut State	143
7. UMKC	162
8. Valparaiso	166
9. Chicago State	285
10. Northeastern Illinois	287

1995

Oct. 28, 1995 at Youngstown State - 5K

1. Buffalo	24
2. Youngstown State	69
3. UMKC	82
4. Eastern Illinois	94
5. Western Illinois	130
6. Valparaiso	136
7. Troy State	175
8. Central Connecticut State	240
9. Northeastern Illinois	241
10. Chicago State	310

1996

Nov. 2, 1996 at Valparaiso - 5K

1. Buffalo	30
2. Youngstown State	61
3. Western Illinois	83
4. Valparaiso	104
5. UMKC	116
6. Troy State	116
7. Northeastern Illinois	202
8. Chicago State	232
-- Central Connecticut State	NTS

1997

Nov. 1, 1996 at Buffalo - 5K

1. Youngstown State	39
2. Southern Utah	55
3. Buffalo	61
4. UMKC	84
5. Valparaiso	120
6. Western Illinois	156
7. Oral Roberts	211
8. Chicago State	254
9. Northeastern Illinois	259

1998

Oct. 31, 1998 at Chicago State - 5K

1. Southern Utah	21
2. UMKC	63
3. Youngstown State	92
4. Valparaiso	104
5. Western Illinois	106
6. IUPUI	160
7. Oral Roberts	197
8. Chicago State	241

1999

Oct. 30, 1999 at UMKC - 5K

1. Southern Utah	48
2. UMKC	51
3. Youngstown State	78
4. Valparaiso	114
5. Oral Roberts	118
6. Oakland	128
7. Western Illinois	167
8. IUPUI	204
9. Chicago State	285

2000

Oct. 28, 2000 at Western Illinois - 5K

1. Southern Utah	45
2. Oakland	78
3. Western Illinois	95
4. Oral Roberts	107
Valparaiso	107
6. Youngstown State	139
7. UMKC	142
8. IUPUI	156
9. Chicago State	270

2001

Oct. 27, 2001 at Southern Utah - 6K

1. Southern Utah	22
2. Oakland	85
3. IUPUI	94
4. Valparaiso	106
5. Oral Roberts	111
6. Western Illinois	134
7. UMKC	158
8. Chicago State	245

2002

Nov. 2, 2002 at IUPUI - 6K

1. Southern Utah	37
2. Western Illinois	86
3. Oral Roberts	94
4. Oakland	97
Valparaiso	97
6. IUPUI	105
7. UMKC	158
8. Chicago State	236

2003

Nov. 1, 2003 at Oral Roberts - 6K

1. Southern Utah	26
2. Oakland	65
3. Valparaiso	68
4. Western Illinois	93
5. IUPUI	130
6. UMKC	165
7. Oral Roberts	181
8. Chicago State	220
-- Centenary	NTS

Year-By-Year All-Conference Selections

1992

FIRST TEAM: Kiya Thomas, Eastern Illinois (18:12), Jenny Lodi, UW-Milwaukee (18:20), Jane Recker, Wright State (18:37), Kerrie Glinborg, Western Illinois (18:48), Katie Muffler, UW-Milwaukee (18:52)

SECOND TEAM: Amy Ritzman, Cleveland State (18:53), Angie Molter, UW-Milwaukee (18:53), Brooke Roberts, Eastern Illinois (19:02), Joette Bueening, UW-Milwaukee (19:03), Becky Rudzik, Youngstown State (19:10)

ATHLETE OF THE YEAR: Kiya Thomas, Eastern Illinois

NEWCOMER OF THE YEAR: Kiya Thomas, Eastern Illinois

COACH OF THE YEAR: Pete Corfeld, UW-Milwaukee

1993

FIRST TEAM: Amy Ritzman, Cleveland State (18:40), Angie Molter, UW-Milwaukee (18:41), Kerrie Glinborg, Western Illinois (18:52), Joette Bueening, UW-Milwaukee (19:07), Mary Fleischhacker, Illinois-Chicago (19:19)

SECOND TEAM: Brooke Roberts, Eastern Illinois (19:33), Katie Muffler, UW-Milwaukee (19:36), Amy Bersig, Eastern Illinois (19:45), Angie Moore, Wright State (19:45), Sonja Smith, Wright State (19:47)

ATHLETE OF THE YEAR: Amy Ritzman, Cleveland State

NEWCOMER OF THE YEAR: Sonja Smith, Wright State

COACH OF THE YEAR: Pete Corfeld, UW-Milwaukee

1994

FIRST TEAM: Elizabeth Mueller, Cent. Conn. State (18:15), Stacey Strothman, Buffalo (19:29), Judith Novak, Buffalo (19:42), Nilam Shukla, Buffalo (19:42), Catherine Klat, Troy State (19:54)

SECOND TEAM: Chris Malo, Western Illinois (20:01), Kim Rosenberger, Youngstown State (20:04), Laura Thomas, Youngstown State (20:07), Julie Phelps, Buffalo (20:10), Amy Bersig, Eastern Illinois (20:18)

ATHLETE OF THE YEAR: Elizabeth Mueller, Cent. Conn. State

NEWCOMER OF THE YEAR: Elizabeth Mueller, Cent. Conn. State

COACH OF THE YEAR: Dick Barry, Buffalo

1995

FIRST TEAM: Judith Novak, Buffalo (17:53), Kim Rosenberger, Youngstown State (18:07), Julie Phelps, Buffalo (18:53), Jennifer Owen, UMKC (18:59), Gretchen Welch, Buffalo (19:03)

SECOND TEAM: Tara Reimer, Buffalo (19:04), Cristen Conrad, Eastern Illinois (19:05), Jennifer Casebeer, UMKC (19:08), Kerri Shpur, Buffalo (19:15), Chris Malo, Western Illinois (19:16)

ATHLETE OF THE YEAR: Judith Novak, Buffalo

NEWCOMER OF THE YEAR: Julie Boyce, UMKC

COACH OF THE YEAR: Dick Barry, Buffalo

1996

FIRST TEAM: Collette Liss, Valparaiso (17:18), Stacey Strothman, Buffalo (17:38), Laura Thomas, Youngstown State (18:05), Jennifer Folkemer, Buffalo (18:21), Casey Spencer, Buffalo (18:27)

SECOND TEAM: Andrea Cohol, Youngstown State (18:28), Chris Malo, Western Illinois (18:31), Jennifer Casebeer, UMKC (18:36), Marie Macander, Buffalo (18:37), Gretchen Welch, Buffalo (18:37)

ATHLETE OF THE YEAR: Collette Liss, Valparaiso

NEWCOMER OF THE YEAR: Jennifer Folkemer, Buffalo

COACH OF THE YEAR: Dick Barry, Buffalo

1997

FIRST TEAM: Laura Thomas, Youngstown State (18:10), Jennifer Casebeer, UMKC (18:29), Andrea Cohol, Youngstown State (18:58), Karen Lilly, Buffalo (19:04), Wendy Allen, Southern Utah (19:06)

SECOND TEAM: Tami Long, Valparaiso (19:07), Teresa Rice, Southern Utah (19:11), Mary Ann Schauerhamer, Southern Utah (19:13), Amy Vernace, Youngstown State (19:15), Eileen Rose, Buffalo (19:21)

ATHLETE OF THE YEAR: Laura Thomas, Youngstown State

NEWCOMER OF THE YEAR: Wendy Allen, Southern Utah

COACH OF THE YEAR: Brian Gorby, Youngstown State

1998

FIRST TEAM: Wendy Allen, Southern Utah (17:17.2), Kelly Fugal, Southern Utah (17:23.6), Robyn Adams, Southern Utah (17:27.9), Jennifer Potts, Western Illinois (17:30.9), Alisha Lehr, UMKC (17:33.4), Tami Long, Valparaiso (17:34.3), Jandee (Hood) Anderson, Southern Utah (17:34.8)

SECOND TEAM: Mary Ann Schauerhamer, Southern Utah (17:35.7), Teresa Rice, Southern Utah (17:44.4), Amy Vernace, Youngstown State (17:45.6), Andrea Cohol, Youngstown State (17:48.9), Lisa Buffington, UMKC (17:52.3), Carrie McCann, UMKC (17:53.8), Carolyn Tabicz, Western Illinois (17:59.4)

ATHLETE OF THE YEAR: Wendy Allen, Southern Utah

NEWCOMER OF THE YEAR: Robyn Adams, Southern Utah

COACH OF THE YEAR: Eric Houle, Southern Utah

1999

FIRST TEAM: Andrea Cohol, Youngstown State (18:12.33), Lisa Buffington, UMKC (18:31.17), Tami Long, Valparaiso (18:36.42), Kristie Kieffer, Oakland (18:40.03), Robyn Adams, Southern Utah (18:43.44), Teresa Rice, Southern Utah (18:44.66), Deirdre Emerson, Oral Roberts (18:48.99)

SECOND TEAM: Ilene Dixon, Southern Utah (18:55.05), Annabelle Hunt, Youngstown State (18:56.12), Alisha Lehr, UMKC (19:08.85), Breanna Lehr, UMKC (19:10.32), Natalie Myers, UMKC (19:11.79), Mindy Scott, Oral Roberts (19:20.42), Robyn Truman, Southern Utah (19:21.14)

ATHLETE OF THE YEAR: Andrea Cohol, Youngstown State

NEWCOMER OF THE YEAR: Kristie Kieffer, Oakland

COACH OF THE YEAR: Geoff Masanet, UMKC

2000

FIRST TEAM: Kristie Kieffer, Oakland (17:51), Teresa Rice, Southern Utah (17:57), Lyndsey Emerson, IUPUI (18:05), Jandee (Hood) Anderson, Southern Utah (18:06), Brigitte Buitron, Western Illinois (18:10), Natalie Myers, UMKC (18:13), Elizabeth Whiting, Valparaiso (18:14)

SECOND TEAM: Deirdre Emerson, Oral Roberts (18:15), Jennifer Kunst, Oakland (18:16), Kelly Moore, Southern Utah (18:18), Robyn Adams, Southern Utah (18:19), Amanda Lee, Valparaiso (18:23), Annabelle Hunt, Youngstown State (18:27), Christine Colombe, Oakland (18:30)

ATHLETE OF THE YEAR: Kristie Kieffer, Oakland

NEWCOMER OF THE YEAR: Lyndsey Emerson, IUPUI

COACH OF THE YEAR: Eric Houle, Southern Utah

2001

FIRST TEAM: Jandee (Hood) Anderson, Southern Utah (22:27.6), Kristie Kieffer, Oakland (22:39.5), Robyn Adams, Southern Utah (22:47.3), Natalie Quilter, Southern Utah (22:59.4), Lyndsey Emerson, IUPUI (23:08.4), Maegan Schmutz, Southern Utah (23:20.3), Natalie Myers, UMKC (23:25.8)

SECOND TEAM: Kelly Richards, Southern Utah (23:30.5), Kira Thompson, Southern Utah (23:31.0), Melissa Nasers, Oakland (23:38.3), Carrie Waterman, Valparaiso (23:44.5), Alisha Bezanson, Southern Utah (23:45.3), Miley Turnbull, Oral Roberts (23:46.6), Deirdre Emerson, Oral Roberts (24:03.1)

ATHLETE OF THE YEAR: Jandee (Hood) Anderson, Southern Utah

NEWCOMER OF THE YEAR: Maegan Schmutz, Southern Utah

COACH OF THE YEAR: Eric Houle, Southern Utah

2002

FIRST TEAM: Alisha Bezanson, Southern Utah (22:09), Melissa Nasers, Oakland (22:15), Deirdre Emerson, Oral Roberts (22:22), Miley Turnbull, Oral Roberts (22:27), Lyndsey Emerson, IUPUI (22:31), Stephanie Hart, Southern Utah (22:39), Kelly Richards, Southern Utah (22:42)

SECOND TEAM: Rachel Nelson, Valparaiso (22:43), Sarah Kane, Oakland (23:00), Theresa Gadois, Western Illinois (23:05), Maegan Schmutz, Southern Utah (23:05), Natalie Quilter (23:09), 13. Amy Mikel, Valparaiso (23:14), Wendy Scott, Oral Roberts (23:17)

ATHLETE OF THE YEAR: Alisha Bezanson, Southern Utah

NEWCOMER OF THE YEAR: Sarah Drouillard, Oakland

COACH OF THE YEAR: Eric Houle, Southern Utah

2003

FIRST TEAM: Kristie Kieffer, Oakland (21:25.22), Alisha Bezanson, Southern Utah (21:55.15), Melissa Nasers, Oakland (22:23.51), Maegan Schmutz, Southern Utah (22:32.02), Stephanie Hart, Southern Utah (22:33.80), Natalie Quilter, Southern Utah (22:35.88), Lyndsey Emerson, IUPUI (22:40.48)

SECOND TEAM: Sarah Swain, Western Illinois (22:41.90), Carma Barnett, Southern Utah (22:43.64), Danielle Nunnell, Valparaiso (23:03.27), Kristi Pinnell, UMKC (23:10.44), Theresa Gadois, Western Illinois (23:14.88), Rachel Nelson, Valparaiso (23:16.42), Amy Mikel, Valparaiso (23:17.39)

ATHLETE OF THE YEAR: Kristie Kieffer, Oakland

NEWCOMER OF THE YEAR: Danielle Nunnelly, Valparaiso

COACH OF THE YEAR: Eric Houle, Southern Utah





Women's Cross Country History



Yearly Championship Results

Year	Champion	Score	Runner-Up	Score	Individual Champion	Time	Distance	Site
1992	UW-Milwaukee	41	Eastern Illinois	54	Kiya Thomas, Eastern Illinois	18:12	5K	Macomb, Ill.
1993	UW-Milwaukee	48	Western Illinois	75	Amy Ritzman, Cleveland State	18:40	5K	Valparaiso, Ind.
1994	Buffalo	36	Youngstown State	63	Elizabeth Mueller, Cent. Conn. State	18:15	5K	Chicago, Ill.
1995	Buffalo	24	Youngstown State	69	Judith Novak, Buffalo	17:53	5K	Youngstown, Ohio
1996	Buffalo	30	Youngstown State	61	Collette Liss, Valparaiso	17:18	5K	Valparaiso, Ind.
1997	Youngstown State	39	Southern Utah	55	Laura Thomas, Youngstown State	18:10	5K	Buffalo, N.Y.
1998	Southern Utah	21	UMKC	63	Wendy Allen, Southern Utah	17:17.2	5K	Chicago, Ill.
1999	Southern Utah	48	UMKC	51	Andrea Cohol, Youngstown State	18:12.33	5K	Kansas City, Mo.
2000	Southern Utah	45	Oakland	78	Kristie Kieffer, Oakland	17:51	5K	Macomb, Ill.
2001	Southern Utah	22	Oakland	85	Jandee Anderson, Southern Utah	22:27.6	6K	Cedar City, Utah
2002	Southern Utah	37	Oakland	86	Alisha Bezanson, Southern Utah	22:09	6K	Indianapolis, Ind.
2003	Southern Utah	26	Oakland	65	Kristie Kieffer, Oakland	21:25.22	6K	Tulsa, Okla.

All-Time Team Champions

Southern Utah (6), Buffalo (3), UW-Milwaukee (2), Youngstown State (1)

All-Time Individual Champions

Southern Utah (3), Oakland (2), Youngstown State (2), Buffalo (1), Central Connecticut State (1), Cleveland State (1), Eastern Illinois (1), Valparaiso (1)

Championship Records

Lowest Team Score

- 21 - Southern Utah 1998
- 1st - Wendy Allen
- 2nd - Kelly Fugal
- 3rd - Robyn Adams
- 7th - Jandee (Hood) Anderson
- 8th - Mary Ann Schauerhamer

Highest Winning Team Score

- 48 - Southern Utah (1999)

Smallest Margin of Victory

- 3 - Southern Utah (48), UMKC (51), 1999

Largest Margin of Victory

- 63 - Southern Utah (22), Oakland (85), 2001

5K Championship Record

- 17:17.2 - Wendy Allen, Southern Utah, 1998
- 17:18 - Collette Liss, Valparaiso, 1996
- 17:23.6 - Kelly Fugal, Southern Utah, 1998
- 17:27.9 - Robyn Adams, Southern Utah, 1998
- 17:30.9 - Jennifer Potts, Western Illinois, 1998

6K Championship Record

- 21:25.22 - Kristie Kieffer, Oakland, 2003
- 22:09 - Alisha Bezanson, Southern Utah, 2002
- 22:15 - Melissa Nasers, Oakland, 2002
- 22:22 - Deidre Emerson, Oral Roberts, 2002
- 22:27 - Miley Turnbull, Oral Roberts, 2002

Multiple Individual Champions

- 2 - Kristie Kieffer, Oakland (2000, 03)

Conference Honors

Athlete of the Year

- 1992 Kiya Thomas Eastern Illinois
- 1993 Amy Ritzman Cleveland State
- 1994 Elizabeth Mueller Central Connecticut State
- 1995 Judith Novak Buffalo
- 1996 Collette Liss Valparaiso
- 1997 Laura Thomas Youngstown State
- 1998 Wendy Allen Southern Utah
- 1999 Andrea Cohol Youngstown State
- 2000 Kristie Kieffer Oakland
- 2001 Jandee Anderson Southern Utah
- 2002 Alisha Bezanson Southern Utah
- 2003 Kristie Kieffer Oakland

Newcomer of the Year

- 1992 Kiya Thomas Eastern Illinois
- 1993 Sonja Smith Wright State
- 1994 Elizabeth Mueller Central Connecticut State
- 1995 Julie Boyce UMKC
- 1996 Jennifer Folckemer Buffalo
- 1997 Wendy Allen Southern Utah
- 1998 Robyn Adams Southern Utah
- 1999 Kristie Kieffer Oakland
- 2000 Lyndsey Emerson IUPUI
- 2001 Maegan Schmutz Southern Utah
- 2002 Sarah Drouillard Oakland
- 2003 Danielle Nunnely Southern Utah

Coach of the Year

- 1992 Pete Corfeld UW-Milwaukee
- 1993 Pete Corfeld UW-Milwaukee
- 1994 Dick Barry Buffalo
- 1995 Dick Barry Buffalo
- 1996 Dick Barry Buffalo
- 1997 Brian Gorby Youngstown State
- 1998 Eric Houle Southern Utah
- 1999 Geoff Masanet UMKC
- 2000 Eric Houle Southern Utah
- 2001 Eric Houle Southern Utah
- 2002 Eric Houle Southern Utah
- 2003 Eric Houle Southern Utah

MID-CON

CROSS COUNTRY

CHAMPIONSHIP

