



MEDIA RELATIONS

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Southern Utah sweeps 2004 Cross Country titles

Rochester, Mich. — Southern Utah continued its dominance of the Mid-Continent Conference Cross Country Championships by sweeping the 2004 Mid-Con Men's and Women's Cross Country titles on the campus of Oakland University in Rochester, Mich. The Thunderbird men won their seventh conference title in the last eight years, while the women earned their seventh consecutive crown. The 2004 Championships featured a youth movement of epic proportions, as two freshman athletes, Southern Utah's **Jess Baumgartner** and Oral Roberts' **Faithy Kamangila** each won their respective races. Southern Utah head coach **Eric Houle** earned Coach of the Year honors on the men's and women's sides for the second year in a row, as he placed nine athletes overall on All-Conference Teams.

Leading the men's All-Conference First Team was Baumgartner (26:01.3), who was joined by teammates **Kevin Sandall** (Newcomer of the Year, 26:36.4), **Shaun Vernon** (26:47.8), **Chad Sanada** (26:55.4) and **Brad Parker** (27:00.5). **Graham Cheever** (27:23.1) was the lone Thunderbird on the Second Team. IUPUI's **Brad Wheeler** (26:44.2) and **Brandon Cole** (27:04.6) rounded out the First Team, while teammate **Ryan Hopper** earned Second Team honors. The Jaguars finished in second in the team race with 56 points, which was 38 points off the pace of first-place Southern Utah (18 points).

Western Illinois (76 points) came away with third place, thanks in part to three runners making the All-Conference Second Team. **Pete Christakos** (27:18.3), **Trevor Birkmeier** (27:31.3) and **Zach Somers** (27:32.3) paced the Leathernecks, finishing in eighth, 13th and 14th place, respectively. Rounding out the All-Conference Second Team were Oakland's **Luke Williams** (27:25.5) and Valparaiso's **Adam Plaskowsky** (27:30.2).

Oakland (130 points) and Oral Roberts (142) completed the Top 5 in the team competition, followed by Valparaiso (145), UMKC (169), Chicago State (226), and Centenary (246).

On the women's side, Kamangila, who has been breaking school and course records since her arrival in Tulsa late this summer, outran her closest competitor in the 2004 Mid-Con Cross Country Championships by more than a minute. Kamangila's time of 21:50.6 in the 6K race earned her the Athlete of the Year honor, as well as the Newcomer of the Year award. However, Kamangila's superb individual effort was not enough to stop Southern Utah's streak of seven straight team championships.

Southern Utah was led by **Alisha Bezanson** (22:56.2), **Amy Gouchnour** (23:23.0) and **Tawny Parks** (23:46.1), all of whom were First Team All-Conference honorees. The Thunderbirds finished with 58 total points, slighting second-place Western Illinois (69 points) by 11 points. Western Illinois' **Sarah Swain** (23:59.5), **Karen Wartgow** (24:01.0), and **Chandel Ray** (24:10.2) were all named to the All-Conference Second Team.

Kamangila and fellow first teamer **Mable Kunihira** (23:00.6) led Oral Roberts (98 points) to a fourth-place finish in the team competition, as the Golden Eagles landed 20 points off the pace of the third-place team, Valparaiso (78 points.).

Golden Eagles and Thunderbirds occupied five of the seven First Team All-Conference spots, while **Christine Ensign** (23:26.7) and **Sara Hiller** (23:42.0), both from UMKC, grabbed the final two slots.

Aside from the three Westerwind runners on the Second Team, the team featured Valparaiso's **Danielle Nunnely** (23:53.6) and IUPUI's **Lindsay Walsh** (24:23.8). The host team, Oakland, harbored the final two runners on the Second Team, as **Laura Fisher** (24:07.2) and **Kim Schultz** (24:16.5) finished the race in 11th and 13th place, respectively. UMKC finished in fifth place with 114 points, followed by Oakland (116 points), IUPUI (155), Chicago State (255) and Centenary (258).

Complete 2004 Cross Country Championship results available on the second and third pages.

2004 Mid-Con Cross Country All-Conference Teams

MEN

First Team

Jess Baumgartner, Southern Utah
Kevin Sandall, Southern Utah
Brad Wheeler, IUPUI
Shaun Vernon, Southern Utah
Chad Sanada, Southern Utah
Brad Parker, Southern Utah
Brandon Cole, IUPUI

Second Team

Pete Christakos, Western Illinois
Ryan Hopper, IUPUI
Graham Cheever, Southern Utah
Luke Williams, Oakland
Adam Plaskowsky, Valparaiso
Trevor Birkmeier, Western Illinois
Zach Somers, Western Illinois

Athlete of the Year

Jess Baumgartner, Southern Utah

Newcomer of the Year

Kevin Sandall, Southern Utah

Coach of the Year

Eric Houle, Southern Utah

WOMEN

First Team

Faithy Kamangila, Oral Roberts
Alisha Bezanson, Southern Utah
Mable Kunihira, Oral Roberts
Amy Gochnour, Southern Utah
Christine Ensign, UMKC
Sara Hiller, UMKC
Tawny Parks, Southern Utah

Second Team

Danielle Nunnely, Valparaiso
Sarah Swain, Western Illinois
Karen Wartgow, Western Illinois
Laura Fisher, Oakland
Chandel Ray, Western Illinois
Kim Schultz, Oakland
Lindsay Walsh, IUPUI

Athlete of the Year

Faithy Kamangila, Oral Roberts

Newcomer of the Year

Faithy Kamangila, Oral Roberts

Coach of the Year

Eric Houle, Southern Utah

2004 Championship Review



2004 Mid-Con Cross Country All-Conference Teams

MEN

First Team

Jess Baumgartner, Southern Utah
 Kevin Sandall, Southern Utah
 Brad Wheeler, IUPUI
 Shaun Vernon, Southern Utah
 Chad Sanada, Southern Utah
 Brad Parker, Southern Utah
 Brandon Cole, IUPUI

Second Team

Pete Christakos, Western Illinois
 Ryan Hopper, IUPUI
 Graham Cheever, Southern Utah
 Luke Williams, Oakland
 Adam Piaskowy, Valparaiso
 Trevor Birkmeier, Western Illinois
 Zach Somers, Western Illinois

Athlete of the Year

Jess Baumgartner, Southern Utah

Newcomer of the Year

Kevin Sandall, Southern Utah

Coach of the Year

Eric Houle, Southern Utah

WOMEN

First Team

Faithy Kamangila, Oral Roberts
 Alisha Bezanson, Southern Utah
 Mable Kunihiro, Oral Roberts
 Amy Gochmour, Southern Utah
 Christine Ensign, UMKC
 Sara Hiller, UMKC
 Tawny Parks, Southern Utah

Second Team

Danielle Nunnally, Valparaiso
 Sarah Swain, Western Illinois
 Karen Wartgow, Western Illinois
 Laura Fisher, Oakland
 Chandel Ray, Western Illinois
 Kim Schultz, Oakland
 Lindsay Walsh, IUPUI

Athlete of the Year

Faithy Kamangila, Oral Roberts

Newcomer of the Year

Faithy Kamangila, Oral Roberts

Coach of the Year

Eric Houle, Southern Utah

2004 Mid-Con Cross Country Championships Rochester, Mich. • Oakland University

Men's Team Results - 8K

Team	Points
1. Southern Utah	18
2. IUPUI	56
3. Western Illinois	76
4. Oakland	130
5. Oral Roberts	142
6. Valparaiso	145
7. UMKC	169
8. Chicago State	226
9. Centenary	246

Men's Individual Results - 8K

1. Jess Baumgartner, Southern Utah University	26:01.3
2. Kevin Sandall, Southern Utah University	26:36.4
3. Brad Wheeler, IUPUI	26:44.2
4. Shaun Vernon, Southern Utah University	26:47.8
5. Chad Sanada, Southern Utah University	26:55.4
6. Brad Parker, Southern Utah University	27:00.5
7. Brandon Cole, IUPUI	27:04.6
8. Pete Christakos, Western Illinois University	27:18.3
9. Ryan Hopper, IUPUI	27:21.0
10. Graham Cheever, Southern Utah University	27:23.1
11. Luke Williams, Oakland University	27:25.5
12. Adam Piaskowy, Valparaiso University	27:30.2
13. Trevor Birkmeier, Western Illinois University	27:31.3
14. Zach Somers, Western Illinois University	27:32.3
15. Shaun Smith, Oral Roberts University	27:54.5
16. Andy Koziatek, UMKC	28:01.0
17. Shaun Walker, UMKC	28:09.8
18. Rabah Rahil, IUPUI	28:25.3
19. Josh Lantz, IUPUI	28:29.9
20. Tyler Birkmeier, Western Illinois University	28:40.8
21. Jared Rothlauf, Western Illinois University	28:43.0
22. Dennis Kabara, Valparaiso University	28:47.4
23. Karl Siebach, Southern Utah University	28:47.8
24. Chris Fecek, Oakland University	28:56.3
25. Josh Ralston, Western Illinois University	28:58.6
26. Dean Meacham, IUPUI	29:03.5
27. Tim Copacia, Oakland University	29:06.1
28. Justin Reuter, IUPUI	29:08.2
29. Joe Zick, Oakland University	29:12.7
30. Prince Mumba, Oral Roberts University	29:17.2
31. Adrian Foster, Oral Roberts University	29:24.5
32. Jake Deviney, Oral Roberts University	29:34.4
33. David Traphagen, Western Illinois University	29:38.9
34. Phillip West, Oral Roberts University	29:42.6
35. Guillaume Kellogg, Chicago State University	29:46.6
36. Steve Wittleder, Western Illinois University	29:52.6
37. David Iott, Valparaiso University	29:53.6
38. Shawn Moore, IUPUI	29:57.2
39. Mike Brouch, Valparaiso University	30:12.6
40. Josh Parker, Valparaiso University	30:15.5
41. Tim Rowland, Oakland University	30:23.6
42. Jeremy Paul, Valparaiso University	30:24.2
43. Matt Kinley, IUPUI	30:38.7
44. Wilson Koech, Chicago State University	30:41.3
45. Patrick O'Neill, UMKC	30:48.6
46. Richie White, Valparaiso University	30:49.8
47. Ben Radke, Valparaiso University	31:00.6
48. Andrew Deas, Centenary College	31:55.7
49. Steven Deas, Centenary College	32:58.4
50. Isaiah Boykins, UMKC	33:11.7
51. Marcelus Chambers, Chicago State University	33:18.6
52. Stephen Proctor, UMKC	33:27.3

(results continued on page below)

Women's Team Results - 6K

Team	Points
1. Southern Utah	58
2. Western Illinois	69
3. Valparaiso	78
4. Oral Roberts	98
5. UMKC	114
6. Oakland	116
7. IUPUI	155
8. Chicago State	255
9. Centenary	258

Women's Individual Results - 6K

1. Faithy Kamangila, Oral Roberts University	21:50.6
2. Alisha Bezanson, Southern Utah University	22:56.2
3. Mable Kunihiro, Oral Roberts University	23:00.6
4. Amy Gochmour, Southern Utah University	23:23.0
5. Christine Ensign, UMKC	23:26.7
6. Sara Hiller, UMKC	23:42.0
7. Tawny Parks, Southern Utah	23:46.1
8. Danielle Nunnally, Valparaiso	23:53.6
9. Sarah Swain, Western Illinois	23:59.5
10. Karen Wartgow, Western Illinois	24:01.0
11. Laura Fisher, Oakland University	24:07.2
12. Chandel Ray, Western Illinois University	24:10.2
13. Kim Schultz, Oakland University	24:16.5
14. Lindsay Walsh, IUPUI	24:23.8
15. Rachael Button, Valparaiso University	24:32.7
16. Ashley Billstrom, Valparaiso University	24:37.2
17. Jobeth Schmiesing, Valparaiso University	24:39.4
18. Beth Whalen, Western Illinois University	24:41.0
19. Kina Bjerga, Southern Utah University	24:44.9
20. Melissa Jay, Western Illinois University	24:47.7
21. Rebekah Brunner, Western Illinois University	24:48.5
22. Rachel Nelson, Valparaiso University	24:53.1
23. Kara Cassel, Oral Roberts University	24:55.0
24. Glennis Seldon, Oral Roberts University	24:57.9
25. Dayna Cline, Oakland University	25:08.2
26. Tracy Robbins, Southern Utah University	25:09.4
27. Kelly Owens, Valparaiso University	25:13.6
28. Amber Nagel, Oakland University	25:15.7
29. Valerie Reyes, Southern Utah University	25:19.0
30. Heidi Nathan, Valparaiso University	25:37.9
31. Paula Rice, UMKC	25:44.1
32. Lisa Schroeck, Valparaiso University	25:49.3
33. Darcy Pavlik, Western Illinois University	25:51.5
34. Erin Vickery-Swalley, IUPUI	25:53.8
35. Jenny Braun, IUPUI	25:56.4
36. Stephanie Abram, Western Illinois University	25:57.8
37. Amanda James, UMKC	26:15.5
38. Jennifer Plaskota, Valparaiso University	26:29.9
39. Megan Flynn, IUPUI	26:36.1
40. Jessica Scott, UMKC	26:49.4
41. Michelle Denham, IUPUI	26:50.3
42. Julie Austin, Oakland University	26:53.9
43. Valerie Stansbury, Oakland University	26:56.9
44. Meagan Schmutz, Southern Utah University	26:59.3
45. Amanda Shike, IUPUI	27:04.0
46. Jessica Turner, Chicago State University	27:15.2
47. Lori VonPingel, Centenary College	27:39.4
48. Kara Coraci, Oakland University	27:41.6
49. Courtney Zueck, Western Illinois University	27:55.2
50. Dana Salmon, Oakland University	27:59.9
51. Alissa Tielking, IUPUI	28:03.1
52. Theresa McLachlan, Oral Roberts University	28:05.5

(results continued on page below)

Men's Individual Results (Continued) - 8K

53. Shawn Venable, Oral Roberts University	33:27.5
54. Ricky Thomas, Centenary College	34:19.7
55. Norman Perez, Chicago State University	35:03.2
56. Mike Runnels, Chicago State University	36:29.3
57. Brian Williams, Centenary College	36:41.5
58. David Reiland Centenary College	36:53.2
59. Stephon Latulas Chicago State University	37:02.8
60. Jeff Stotts Centenary College	37:04.0
61. Travis Williams Chicago State University	38:45.7
62. Delin Hill Chicago State University	38:59.7
63. Michael Maricelli Centenary College	39:21.7
64. Paul Morrow Centenary College	42:52.6

Women's Individual Results (Continued)- 6K

53. Laura Driver, UMKC	28:06.9
54. Natalie Weiherert, IUPUI	28:18.0
55. Jennifer Bouso, Centenary College	28:20.2
56. Janina Mercado, Chicago State University	29:15.3
57. Amalia Grissam, Oral Roberts University	29:23.0
58. Sarah Komanec, IUPUI	30:06.6
59. Le'Treya Parker, Chicago State University	30:21.0
60. Taylor Robertson, Centenary College	31:24.0
61. Kimberlee Mosley, Chicago State University	31:29.6
62. Halley Grantham, Centenary College	31:48.7
63. Ebony Oliver, Chicago State University	32:14.8
64. Stacy Nelson, Centenary College	32:23.0
65. Leslie Ford, Chicago State University	34:37.4
66. Yashi Connor, Chicago State University	36:09.3
67. Cecilia Chea Centenary College	39:02.1

