

# 2005 Mid-Con Men's Outdoor Track and Field Championship Results

## 100 METER DASH

1. Maurice Moss, Oral Roberts	10.81
2. Nick Kramer, UMKC	11.03
3. Ernest Stranz, Oral Roberts	11.14

## 200 METER DASH

1. Chris Adams, Western Illinois	21.86
2. Maurice Moss, Oral Roberts	21.90
3. Nick Kramer, UMKC	21.94

## 400 METER DASH

1. Andretti Bain, Oral Roberts	48.02
2. Chris Adams, Western Illinois	48.74
3. Jonathan Rivers, Oral Roberts	49.08

## 800 METER RUN

1. Shaun Smith, Oral Roberts	1:51.73
2. Prince Mumba, Oral Roberts	1:52.10
3. Roland Hemmings, UMKC	1:52.40

## 1,500 METER RUN

1. James Wanjiku, Oral Roberts	3:56.13
2. Shaun Smith, Oral Roberts	3:57.57
3. Zach Somers, Western Illinois	3:57.92

## 3,000 METER STEEPLECHASE

1. Brad Parker, Southern Utah	9:20.14
2. Kevin Sandall, Southern Utah	9:23.51
3. Kyle Mikowski, Western Illinois	9:28.11

## 5,000 METER RUN

1. Chad Sanada, Southern Utah	14:59.40
2. Jess Baumgartner, Southern Utah	15:01.40
3. Kevin Sandall, Southern Utah	15:10.76

## 10,000 METER RUN

1. Jess Baumgartner, Southern Utah	32:43.58
2. Chad Sanada, Southern Utah	33:17.16
3. Shaun Vernon, Southern Utah	33:22.61

## 110 METER HURDLES

1. Steve Hansen, Southern Utah	14.68
2. Shain Manuele, Southern Utah	15.07
3. Anthony Skinner, UMKC	15.19

## 400 METER HURDLES

1. Steve Hansen, Southern Utah	52.95
2. Andretti Bain, Oral Roberts	53.88
3. Stephon Harden, Chicago State	54.03

## HIGH JUMP

1. Derrick Smith, Chicago State	2.05m
2. Charles Troupe, UMKC	2.00m
3. Kaleb Stoppell, UMKC	1.95m

## LONG JUMP

1. Joshua Lee, Valparaiso	7.25m
2. Jarrell Johnson, Western Illinois	6.73m
3. Alex Douglas, Western Illinois	6.59m

## TRIPLE JUMP

1. Stephon Harden, Chicago State	14.47m
2. Michal Joachimowski, Oral Roberts	14.23m
3. Femi Olagoke, UMKC	14.19m

## HAMMER THROW

1. Troy Gent, Southern Utah	59.86m
2. Robb Pfrank, Western Illinois	59.62m
3. Greg Watson, Southern Utah	58.25m

## SHOT PUT

1. Sean Delahunt, Western Illinois	16.32m
2. Robb Pfrank, Western Illinois	15.34m
3. Todd Goodrick, Valparaiso	14.95m

## JAVELIN THROW

1. Brad Wyatt, Southern Utah	57.00m
2. Brian Taylor, Southern Utah	52.95m
3. Forest Ledbetter, Southern Utah	52.28m

## DISCUS THROW

1. Ryan Billingsley, Western Illinois	52.68m
2. Troy Gent, Southern Utah	50.69m
3. Greg Watson, Southern Utah	52.28m

## POLE VAULT

1. Steve Elliot, Oral Roberts	5.05m
2. Brian Taylor, Southern Utah	4.75m
3. Alex Kelsey, UMKC	4.75m

## 4X100 RELAY

1. UMKC (Alexis, Friends, Kramer, Snelson)	42.03
2. Western Illinois (Adams, Johnson, Miller, Steele)	42.06
3. Oral Roberts (Coussens, Moss, White, Stranz)	42.06

## 4X400 RELAY

1. Oral Roberts (Stranz, Rivers, Smith, Mumba)	3:15.92
2. Chicago State (Nelson, Kellogg, Harden, Runnels)	3:18.68
3. Western Illinois (Steele, Verplank, Somers, Adams)	3:18.83

## DECATHLON

1. Brian Taylor, Southern Utah	6,437
2. Garrett Ryan, Western Illinois	6,307
3. Ernest Martinez, Oral Roberts	5,887

## FINAL TEAM RESULTS

1. Southern Utah	243.0
2. Western Illinois	203.0
3. Oral Roberts	168.0
4. UMKC	93.0
5. Valparaiso	52.0
6. Chicago State	47.0

## 2005 ALL-CONFERENCE HONOREES

Chris Adams, Western Illinois  
 Andretti Bain, Oral Roberts  
 Damian Alexis, UMKC  
 Jess Baumgartner, Southern Utah  
 Ryan Billingsley, Western Illinois  
 Jonathan Coussens, Oral Roberts  
 Sean Delahunt, Western Illinois  
 Alex Douglas, Western Illinois  
 Steve Elliot, Oral Roberts  
 Eric Friends, UMKC  
 Michal Joachimowski, Oral Roberts  
 Jarrell Johnson, Western Illinois  
 Troy Gent, Southern Utah  
 Todd Goodrick, Valparaiso

Steve Hansen, Southern Utah  
 Stephon Harden, Chicago State  
 Roland Hemmings, UMKC  
 Guillaume Kellogg, Chicago State  
 Alex Kelsey, UMKC  
 Nick Kramer, UMKC  
 Forrest Ledbetter, Southern Utah  
 Joshua Lee, Valparaiso  
 Shain Manuele, Southern Utah  
 Ernest Martinez, Oral Roberts  
 Kyle Mikowski, Southern Utah  
 Dwayne Miller, Western Illinois  
 Maurice Moss, Oral Roberts  
 Prince Mumba, Oral Roberts

Drew Nelson, Chicago State  
 Femi Olagoke, UMKC  
 Brad Parker, Southern Utah  
 Robb Pfrank, Western Illinois  
 Jonathan Rivers, Oral Roberts  
 Mike Runnels, Chicago State  
 Garrett Ryan, Western Illinois  
 Chad Sanada, Southern Utah  
 Kevin Sandall, Southern Utah  
 Anthony Skinner, UMKC  
 Derrick Smith, Chicago State  
 Shaun Smith, Oral Roberts  
 Theron Snelson, UMKC  
 Zach Somers, Western Illinois

Aaron Steele, Western Illinois  
 Ernest Stranz, Oral Roberts  
 Kaleb Stoppell, UMKC  
 Brian Taylor, Southern Utah  
 Charles Troupe, UMKC  
 Shaun Vernon, Southern Utah  
 Brett Verplank, Western Illinois  
 James Wanjiku, Oral Roberts  
 Greg Watson, Southern Utah  
 Chris White, Oral Roberts  
 Brad Wyatt, Southern Utah

**2005 MID-CON  
 ATHLETE OF THE YEAR**  
 Steve Hansen, Southern Utah

**2005 MID-CON  
 NEWCOMER OF THE YEAR**  
 Stephon Harden, Chicago State

**2005 MID-CON  
 COACH OF THE YEAR**  
 Eric Houle, Southern Utah

# 2005 Mid-Con Women's Outdoor Track and Field Championship Results

## 100 METER DASH

1. Audra Bark, Western Illinois	12.03
2. Kimberley Smalling, Oral Roberts	12.23
3. Krystle Johnston, Southern Utah	12.29

## 200 METER DASH

1. Aisha Mitchell, Oral Roberts	24.22
2. Audra Bark, Western Illinois	24.53
3. Cara Neill, Western Illinois	24.63

## 400 METER DASH

1. Aisha Mitchell, Oral Roberts	54.85
2. Tanisha Guthrie, Oral Roberts	56.77
3. Brittany Watters, Southern Utah	57.32

## 800 METER RUN

1. Mable Kunihiro, Oral Roberts	2:12.00
2. Hillary Palumbo, Western Illinois	2:14.95
3. Catherine Angwech, Oral Roberts	2:16.05

## 1,500 METER RUN

1. Mable Kunihiro, Oral Roberts	4:34.30
2. Diana Chelimo, Oral Roberts	4:36.77
3. Sarah Swain, Western Illinois	4:45.86

## 3,000 METER STEEPLECHASE

1. Sarah Swain, Western Illinois	11:07.53
2. Tawny Parks, Southern Utah	11:25.48
3. Jobeth Schmiesing, Valparaiso	11:30.13

## 5,000 METER RUN

1. Diana Chelimo, Oral Roberts	17:30.52
2. Christine Ensign, UMKC	17:34.56
3. Beth Whalen, Western Illinois	17:38.08

## 10,000 METER RUN

1. Christine Ensign, UMKC	37:17.41
2. Beth Whalen, Western Illinois	37:48.06
3. Faithy Kamangila, Oral Roberts	40:21.43

## 100 METER HURDLES

1. Kelley Schoney, Southern Utah	13.91
2. Courtney Henderson, Oral Roberts	14.59
3. Maggie Brueggemann, UMKC	14.95

## 400 METER HURDLES

1. Tanisha Guthrie, Oral Roberts	1:02.01
2. Maggie Brueggemann, UMKC	1:02.48
3. Stefanie Lasley, UMKC	1:03.03

## HIGH JUMP

1. Courtney Huber, UMKC	1.70m
2. Jessica Hulbert, UMKC	1.65m
3. Erin Downes, Western Illinois	1.60m

## LONG JUMP

1. Mercedes Bellamy, Oral Roberts	5.69m
2. Courtney Henderson, Oral Roberts	5.67m
3. Melanie Wilson, Valparaiso	5.51m

## TRIPLE JUMP

1. Courtney Henderson, Oral Roberts	12.16m
2. English Clark, Oral Roberts	11.63m
3. Ashley Yancy, Western Illinois	11.16m

## HAMMER THROW

1. Aubrey Martin, Western Illinois	55.38m
2. Holly Hagen, Valparaiso	53.95m
3. Ashley Morrison, Southern Utah	47.80m

## SHOT PUT

1. Aubrey Martin, Western Illinois	16.17m
2. Ashley Morrison, Southern Utah	12.93m
3. Holly Hagen, Valparaiso	12.21m

## JAVELIN THROW

1. Monica Holmes, Southern Utah	40.51m
2. Jessica Cherrington, Valparaiso	39.63m
3. Lisa Lambert, UMKC	36.92m

## DISCUS THROW

1. Aubrey Martin, Western Illinois	46.34m
2. Emily Marsicek, Valparaiso	39.56m
3. Amy Zaffino, Western Illinois	39.43m

## POLE VAULT

1. Marie Muscato, Southern Utah	3.65m
2. Nikol Zachery, Oral Roberts	3.50m
3. Katie Pickford, Western Illinois	3.50m

## 4X100 RELAY

1. Oral Roberts (Guthrie, Mitchell, Mitchell, Smalling)	46.50
2. Southern Utah (Johnston, Schoney, Watters, Hill)	47.19
3. Western Illinois (Bark, Gabel, Michael, Neill)	47.53

## 4X400 RELAY

1. Oral Roberts (Guthrie, A. Mitchell, D. Mitchell, Kunihiro)	3:45.67
2. Western Illinois (Neill, Palumbo, Bark, Gabel)	3:48.99
3. Southern Utah (Sparks, Whiting, Johnston, Watters)	3:53.30

## HEPTATHLON

1. Allison Karns, Western Illinois	4,166
2. Libby Bedoe, Western Illinois	3,840
3. Heather Wetzel, Western Illinois	3,784

## FINAL TEAM RESULTS

1. Western Illinois	232.0
2. Oral Roberts	220.0
3. Southern Utah	134.0
4. Valparaiso	112.0
5. UMKC	106.0
6. Chicago State	9.0

## 2005 ALL-CONFERENCE HONOREES

Catherine Angwech, Oral Roberts  
Audra Bark, Western Illinois  
Libby Bedoe, Western Illinois  
Mercedes Bellamy, Oral Roberts  
Maggie Brueggemann, UMKC  
Diana Chelimo, Oral Roberts  
Jessica Cherrington, Valparaiso  
English Clark, Oral Roberts  
Erin Downes, Western Illinois  
Christine Ensign, UMKC  
Kristin Gabel, Western Illinois  
Tanisha Guthrie, Oral Roberts

Holly Hagen, Valparaiso  
Courtney Henderson, Oral Roberts  
Sharae Hill, Southern Utah  
Monica Holmes, Southern Utah  
Courtney Huber, UMKC  
Jessica Hulbert, UMKC  
Krystle Johnston, Southern Utah  
Faithy Kamangila, Oral Roberts  
Allison Karns, Western Illinois  
Mable Kunihiro, Oral Roberts  
Lisa Lambert, UMKC  
Stefanie Lasley, UMKC

Emily Marsicek, Valparaiso  
Aubrey Martin, Western Illinois  
Aisha Mitchell, Oral Roberts  
Dollie Mitchell, Oral Roberts  
Ashley Morrison, Southern Utah  
Marie Muscato, Southern Utah  
Cara Neill, Western Illinois  
Tawny Parks, Southern Utah  
Hillary Palumbo, Western Illinois  
Katie Pickford, Western Illinois  
Jobeth Schmiesing, Valparaiso  
Kelley Schoney, Southern Utah

Kimberley Smalling, Oral Roberts  
Jennifer Sparks, Southern Utah  
Sarah Swain, Western Illinois  
Brittany Watters, Southern Utah  
Heather Wetzel, Western Illinois  
Beth Whalen, Western Illinois  
Ashley Whiting, Western Illinois  
Melanie Wilson, Valparaiso  
Ashley Yancy, Western Illinois  
Nikol Zachery, Oral Roberts  
Amy Zaffino, Western Illinois

**2005 MID-CON  
ATHLETE OF THE YEAR**  
Aubrey Martin, Western Illinois

**2005 MID-CON  
NEWCOMERS OF THE YEAR**  
Melanie Wilson, Valparaiso

**2005 MID-CON  
COACH OF THE YEAR**  
Mike Stevenson, Western Illinois