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## Midwest Conference Cross Country

### --Last Week's Results--

MEN		WOMEN	
<b>Friday, Sept. 1 - Knox at Elmhurst Earlybird</b>			
Knox	15th/18	Knox	17th/17
<b>Saturday, Sept. 2 - Tom Barry Invitational</b>			
St. Norbert	1st/11	Ripon	3rd/12
Ripon	2nd/11	St. Norbert	4th/12
Lawrence	4th/11	Carroll	5th/12
Lake Forest	7th/11	Lake Forest	6th/12
Carroll	8th/11	Lawrence	7th/12
<b>Central Dutch Invitational</b>			
Monmouth	1st/8	Monmouth	4th/9
<b>Bob Timmons Invite</b>			
---		Grinnell	2nd/9
<b>Washington (MO) Inivtational</b>			
Illinois College	7th/10	Illinois College	DNP

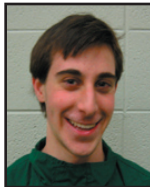
### --This Week's Schedule--

<b>Friday, Sept. 8</b>	
Knox at Bradley Open	5 p.m.
<b>Saturday, Sept. 9</b>	
Grinnell hosts Les Duke Invitational	10 a.m.
Beloit at Rockford Duals	11 a.m.
Carroll hosts Carroll Invite	
(Carroll, Lake Forest, Lawrence, Monmouth, Ripon, St. Norbert)	11 a.m.

### --Men's Top Performer of the Week--

#### **Jeff Pentek - St. Norbert College - Junior Sheboygan, Wis./Sheboygan North**

Pentek won Saturday's Tom Barry Invitational by over 13 seconds, setting a new course record in the process. Pentek finished the 4-mile race with a time of 20:50.00, topping the course record set by Ripon's Dave Billings, the 2005 MWC Men's Cross Country Champion, by 12 seconds. The junior runner's finish propelled the Green Knights to a first-place team finish in the meet.



### --Women's Top Performer of the Week--

#### **Sarah Spencer - Grinnell College - Junior Sioux Falls, S.D./Lincoln**

Spencer turned in a fifth-place finish individually at Saturday's Bob Timmons Invitational hosted by the University of Kansas. Spencer finished the 6K course with a time of 22:52.02, helping the Pioneers to a second-place team finish. Grinnell finished 14 points behind meet champion Kansas, while topping Division I schools Oral Roberts, Kansas State and UMKC in the team standings.



### --Men's Top Performances - 8,000 Meter Top Times--

Rnk	Ath/Yr/School	Time	Date	Meet
1	Jeff Pentek, Jr., SNC	20:50.00	9/2/06	Tom Barry
2	MacKenzie Laska, Fr., SNC	21:35.00	9/2/06	Tom Barry
3	Aaron Roden, Fr., SNC	21:39.00	9/2/06	Tom Barry
4	Jonathan O'Brien, Fr., SNC	21:41.00	9/2/06	Tom Barry
5	Josh Penkwitz, Sr., SNC	22:11.00	9/2/06	Tom Barry
6	David Echelbarger, Sr., SNC	22:45.00	9/2/06	Tom Barry
7	John Barrett, Fr., SNC	22:49.00	9/2/06	Tom Barry
8	Eric Riedel, Fr., SNC	22:56.00	9/2/06	Tom Barry
9	Mike Donohoo, Fr., SNC	23:00.00	9/2/06	Tom Barry
10	Kyle Pollard, Fr., SNC	23:28.00	9/2/06	Tom Barry

### --Women's Top Performances - 5,000 Meter Top Times--

Rnk	Ath/Yr/School	Time	Date	Meet
1	Katie Staab, Fr., MC	20:48.00	9/2/06	Central
2	Amy Agababian, Fr., MC	21:54.00	9/2/06	Central
3	Joni Nelson, Jr., MC	22:11.00	9/2/06	Central
4	Taylor Froeliger, Jr., MC	22:11.00	9/2/06	Central
5	Kila Cox, Sr., MC	22:26.00	9/2/06	Central
6	Danielle Farrell, Fr., MC	22:29.00	9/2/06	Central
7	Sara Ingersoll, Fr., MC	22:30.00	9/2/06	Central
8	Carissa Young, Fr., MC	22:35.00	9/2/06	Central
9	Valerie Daves, Fr., MC	22:48.00	9/2/06	Central
10	Sara Ditzler, Fr., MC	22:57.00	9/2/06	Central

