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**--Sept. 26, 2006--**      **Midwest Conference Cross Country**

**--Last Week's Results--**

<p><b>MEN</b></p> <p><b>Friday, Sept. 22 - Augustana Invitational</b></p> <table border="0"> <tr> <td>Monmouth</td> <td>5th/39</td> </tr> <tr> <td>Ripon</td> <td>14th/39</td> </tr> </table> <p><b>Saturday, Sept. 23 - Uni. of Minnesota hosts Roy Griak Invite</b></p> <table border="0"> <tr> <td>Grinnell</td> <td>16th/52</td> </tr> <tr> <td>St. Norbert</td> <td>30th/52</td> </tr> <tr> <td>Knox</td> <td>52nd/52</td> </tr> </table>	Monmouth	5th/39	Ripon	14th/39	Grinnell	16th/52	St. Norbert	30th/52	Knox	52nd/52	<p><b>WOMEN</b></p> <table border="0"> <tr> <td>Grinnell</td> <td>4th/33</td> </tr> <tr> <td>Ripon</td> <td>13th/33</td> </tr> <tr> <td>Monmouth</td> <td>20th/33</td> </tr> </table> <table border="0"> <tr> <td>Carroll</td> <td>22nd/32</td> </tr> <tr> <td>St. Norbert</td> <td>25th/32</td> </tr> <tr> <td>Knox</td> <td>30th/32</td> </tr> </table>	Grinnell	4th/33	Ripon	13th/33	Monmouth	20th/33	Carroll	22nd/32	St. Norbert	25th/32	Knox	30th/32
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**--This Week's Schedule--**

<b>Saturday, Sept. 30 - Beloit Invitational</b> (Beloit, Carroll, St. Norbert)	11 a.m.
<b>Saturday &amp; Sunday, Sept. 30 - Oct. 1 - Millikin Invitational</b> (Grinnell, Illinois College, Knox)	11 a.m./11 a.m.

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

**Clay Staley - Monmouth College - Freshman**  
**Hanna City, Ill./Illini Bluffs**

Staley turned in a top 10 finish in a race featuring 450 runners on Friday. Competing on the same Credit Island course that will host the NCAA Midwest Regional in November, Staley placed ninth in the 8K race with a time of 25:53. He was the top finisher from the Midwest Conference and his 8K time ranks second in the conference this season.



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

**Allison Louthan - Grinnell College - Junior**  
**Toronto, Ontario/York Mills**

Louthan finished 13th at the Brissman-Lundeed Invite hosted by Augustana with a time of 22:02. Despite reaching the finish line of the 6K course behind the Pioneers Sarah Spencer, Louthan and Spencer both managed to break the previous school record held by Spencer (22:22). Louthan's effort helped the Pioneers finish fourth in the 33-team field and first among NCAA Division III schools in the meet.



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

Rnk	Ath/Yr/School	Time	Date	Meet
1	Drake Ballew, Jr., GC	25:49.00	9/9/06	Les Duke Invite
2	Clayton Staley, MC	25:53.00	9/22/06	Augustana
3	Kel Bond, Jr., MC	26:07.00	9/22/06	Augustana
4	David Montgomery, Fr., GC	26:16.00	9/9/06	Les Duke Invite
5	Charles Knuth, Jr., GC	26:23.00	9/9/06	Les Duke Invite
6	Jeff Pentek, Jr., SNC	26:27.30	9/23/06	Roy Griak
7	Bryan Schneider, Jr., RC	26:370.00	9/22/06	Augustana
8	Darrin VanNattan, So., MC	26:47.00	9/22/06	Augustana
9	Aaron Etienne, Sr., MC	26:51.00	9/22/06	Augustana
10	Scott Heiar, Sr., MC	27:09.00	9/9/06	Carroll Invite
11	Henry Reich, So., GC	27:12.00	9/9/06	Les Duke Invite
12	Bradley Begyn, MC	27:22.00	9/22/06	Augustana
13	Aaron Roden, Fr., SNC	27:26.00	9/9/06	Carroll Invite
14	Samuel Calisch, Fr., GC	27:27.00	9/9/06	Les Duke Invite
15	Mackenzie Laska, Fr., SNC	27:34.00	9/9/06	Carroll Invite
16	Michael Horrell, So., GC	27:38.00	9/9/06	Les Duke Invite
17	Paul Bellora, Fr., GC	27:43.00	9/9/06	Les Duke Invite
18	Jim Hein, Jr., RC	27:45.00	9/9/06	Carroll Invite
19	Adam Rodriguez, Sr., MC	27:45.00	9/22/06	Augustana
20	Jonathan O'Brien, Fr., SNC	27:53.00	9/9/06	Carroll Invite

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

Rnk	Ath/Yr/School	Time	Date	Meet
1	Brittany Dick, Jr., RC	19:23.00	9/2/06	Tom Barry
2	Katie Snowden, Sr., LFC	19:49.00	9/2/06	Tom Barry
3	Katie Jenewein, Jr., SNC	20:11.00	9/2/06	Tom Barry
4	Trina Bower, Sr., SNC	20:34.00	9/16/06	UW-Parkside
5	Katie Staab, Fr., MC	20:41.00	9/9/06	Carroll Invite
6	Leann Kimmons, Sr., LFC	20:43.00	9/9/06	Carroll Invite
7	Diane Stajszczak, So., LFC	20:45.00	9/2/06	Tom Barry
8	Rebecca Duley, Jr., RC	20:50.00	9/9/06	Carroll Invite
9	Jessica Davey, Fr., RC	20:53.00	9/9/06	Carroll Invite
10	Catherine Frazier, Jr., LU	20:58.00	9/16/06	UW-Parkside
11	Clare Shinnors, Jr., LU	20:58.00	9/2/06	Tom Barry
12	Jenna Kick, Jr., SNC	20:59.00	9/2/06	Tom Barry
13	Joy Manweiler, Jr., LU	21:04.00	9/2/06	Tom Barry
14	Alice Shepro, Jr., LU	21:17.00	9/2/06	Tom Barry
15	Michelle Quade, Fr., BC	21:19.00	9/16/06	Beloit OE
16	Sarah Leeman, Fr., RC	21:34.00	9/2/06	Tom Barry
17	Chelby Sullivan, Sr., IC	21:47.78	9/16/06	Maryville
18	Valerie Daves, Fr., MC	21:48.00	9/9/06	Carroll Invite
19	Erin Beggs, So., RC	21:48.00	9/9/06	Carroll Invite
20	Taylor Froeliger, Jr., MC	21:52.00	9/9/06	Carroll Invite

