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**--Oct. 10, 2006--**

## Midwest Conference Cross Country

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

MEN		WOMEN	
<b>Friday, October 6 - Benedictine Eagle Invitational</b>			
Lake Forest	12th/18	Lake Forest	6th/15
<b>Saturday, October 7 - Wartburg Invitational</b>			
Monmouth	6K-3rd/10	Beloit	6K-6th/7 4K-14th/16
Beloit	6K-7th/10	Knox	6K-7th/7
Knox	6K-10th/10 4K-11th/12	Monmouth	4K-12th/16
		Lawrence	4K-13th/16
<b>St. Olaf Pre-Regional</b>			
Grinnell	2nd/8	Grinnell	1st/6
<b>Ripon hosts Ripon Invitational</b>			
Ripon	4th/11	Ripon	4th/10
St. Norbert	5th/11	Carroll	5th/10
Carroll	7th/11		

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

<b>Friday, Oct. 13 - Millikin Invitational</b> (Illinois College, Monmouth)	4:15 p.m.
<b>Saturday, Oct. 14 - Wisconsin Private College Championships at Beloit</b> (Beloit, Carroll, Lawrence, Ripon, St. Norbert)	11 a.m.
<b>Prairie Fire Invitational</b> (Grinnell, Knox)	10:30 p.m.
Grinnell at <b>UW-LaCrosse Invitational</b> (Women only)	11 a.m.
Lake Forest hosts <b>Forester Invitational</b>	11 a.m.
St. Norbert at <b>UW-Oshkosh Invitational</b>	TBA

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

#### **Kel Bond - Monmouth College - Senior Dixon, Ill./Dixon**

Bond ran his best race of the season at Wartburg's Dan Huston Invitational on Saturday. Against a 90-runner field that included runners from nationally-ranked UW-Platteville, Wartburg and Wheaton, Bond ran to a fourth-place finish with a time of 26:24 in the 8K event. Bond's season-best time of 26:07 currently ranks third in the MWC.



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

#### **Brittany Dick - Ripon College - Junior Amherst, Wis./Amherst**

Dick helped lead the Ripon women's team to a fourth-place finish among the 10-team field at Saturday's Ripon Invitational. The junior runner finished second individually, finishing the 5K course with a time of 19:40. Dick's best 5K mark of the season, 19:23, ranks second in the conference this season.



### --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	Jeff Pentek, Jr., SNC	26:09.30	9/30/06	Sean Earl
5	David Montgomery, Fr., GC	26:16.00	9/9/06	Les Duke Invite
6	Charles Knuth, Jr., GC	26:23.00	9/9/06	Les Duke Invite
7	Bryan Schneider, Jr., RC	26:37.00	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	Augustana10
10	Scott Heiar, Sr., MC	27:09.00	9/9/06	Carroll Invite
11	Aaron Roden, Fr., SNC	27:09.00	9/30/06	Sean Earl
12	Henry Reich, So., GC	27:12.00	9/9/06	Les Duke Invite
13	Bradley Begyn, MC	27:22.00	9/22/06	Augustana
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	Jonathan O'Brien, Fr., SNC	27:39.00	9/30/06	Sean Earl
18	Aaron Berdanier, Sr., BC	27:40.00	9/30/06	Sean Earl
19	Paul Bellora, Fr., GC	27:43.00	9/9/06	Les Duke Invite
t20	Jim Hein, Jr., RC	27:45.00	9/9/06	Carroll Invite
t20	Adam Rodriguez, Sr., MC	27:45.00	9/22/06	Augustana

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

Rnk	Ath/Yr/School	Time	Date	Meet
1	Erin Kelley, Jr., CC	18:41.00	9/30/06	Sean Earl
2	Brittany Dick, Jr., RC	19:23.00	9/2/06	Tom Barry
3	Katie Snowden, Sr., LFC	19:28.00	9/30/06	Sean Earl
4	Michelle Quade, Fr., BC	19:49.00	9/30/06	Sean Earl
5	Chelby Sullivan, Sr., IC	20:07.00	9/30/06	Carl Sandburg
6	Catherine Frazier, Jr., LU	20:09.00	9/30/06	Sean Earl
7	Katie Jenewein, Jr., SNC	20:11.00	9/2/06	Tom Barry
8	Joy Manweiler, Jr., LU	20:19.00	9/30/06	Sean Earl
9	Diane Stajszczak, So., LFC	20:26.00	9/30/06	Sean Earl
10	Trina Bower, Sr., SNC	20:34.00	9/16/06	UW-Parkside
11	Leann Kimmons, Sr., LFC	20:34.00	9/30/06	Sean Earl
12	Katie Staab, Fr., MC	20:41.00	9/9/06	Carroll Invite
13	Lisa Booth, Sr., BC	20:43.00	9/30/06	Sean Earl
14	Rebecca Duley, Jr., RC	20:50.00	9/9/06	Carroll Invite
15	Amanda Hammermeister, Jr., BC	20:52.00	9/30/06	Sean Earl
16	Jessica Davey, Fr., RC	20:53.00	9/9/06	Carroll Invite
17	Clare Shinnors, Jr., LU	20:58.00	9/2/06	Tom Barry
18	Jenna Kick, Jr., SNC	20:59.00	9/2/06	Tom Barry
19	Lauren Rein, Fr., CC	21:10.00	9/2/06	Tom Barry
20	Julie Stutzbach, Fr., BC	21:13.00	9/30/06	Sean Earl

