

Midwest Conference Office  
300 Seward St., Ripon, WI 54971; Phone: (920) 748-8157; Fax: (920) 748-8158



Chris Graham  
Commissioner  
grahamc@midwestconference.org

www.midwestconference.org

Matt Troha  
Sports Information Director  
troham@midwestconference.org

--Oct. 24, 2006--

## Midwest Conference Cross Country

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

Saturday, October 28

2006 Midwest Conference Cross Country Championships  
at Minooka Park in Waukesha, Wis. (hosted by Carroll)

Men's 8K - 11 a.m.

Women's 5K - Noon



### --2005 MWC Championships Results--

#### MEN

1. Grinnell (42)
2. Monmouth (51)
3. Ripon (77)
4. Beloit (124)
5. St. Norbert (139)
6. Lawrence (160)
7. Lake Forest (203)
8. Illinois College (215)
9. Carroll (236)
10. Knox (251)

#### WOMEN

1. Grinnell (29)
2. Lawrence (83)
3. Beloit (107)
4. Carroll (108)
5. St. Norbert (120)
6. Lake Forest (133)
7. Monmouth (139)
8. Ripon (187)
9. Illinois College (280)
10. Knox (295)

### --2006 Men's Top Performers of the Week--

Sept. 6	Jeff Pentek, St. Norbert College
Sept. 12	Drake Ballew, Grinnell College
Sept. 19	Kie Layne, Illinois College
Sept. 26	Clay Staley, Monmouth College
Oct. 3	Jeff Pentek, St. Norbert College
Oct. 10	Kel Bond, Monmouth College
Oct. 17	Bryan Schneider, Ripon College

### --2006 Women's Top Performers of the Week--

Sept. 6	Sarah Spencer, Grinnell College
Sept. 12	Erin Kelley, Carroll College
Sept. 19	Katie Snowden, Lake Forest College
Sept. 26	Allison Louthan, Grinnell College
Oct. 3	Katie Snowden, Lake Forest College
Oct. 10	Brittany Dick, Ripon College
Oct. 17	Katie Snowden, Lake Forest College

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

Rnk	Ath/Yr/School	Time	Date	Meet
1	Jeff Pentek, Jr., SNC	25:24.23	10/14/06	UW-Oshkosh
2	Drake Ballew, Jr., GC	25:49.00	9/9/06	Les Duke Invite
3	Clayton Staley, MC	25:53.00	9/22/06	Augustana
4	Kel Bond, Jr., MC	25:54.00	10/13/06	Millikin
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	Aaron Etienne, Sr., MC	26:26.00	10/13/06	Millikin
8	Bryan Schneider, Jr., RC	26:37.00	9/22/06	Augustana
9	Aaron Roden, Fr., SNC	26:43.00	10/14/06	UW-Oshkosh
10	Darrin VanNattan, So., MC	26:47.00	10/13/06	Millikin
11	Jonathan O'Brien, Fr., SNC	27:04.00	10/14/06	UW-Oshkosh
12	Scott Heiar, Sr., MC	27:09.00	9/9/06	Carroll Invite
13	Henry Reich, So., GC	27:12.00	9/9/06	Les Duke Invite
14	Bradley Begyn, MC	27:22.00	9/22/06	Augustana
15	Josh Penkwitz, Sr., SNC	27:22.17	10/14/06	UW-Oshkosh
16	Adam Rodriguez, Sr., MC	27:24.00	10/13/06	Millikin
17	Samuel Calisch, Fr., GC	27:27.00	9/9/06	Les Duke Invite
18	Mackenzie Laska, Fr., SNC	27:34.00	9/9/06	Carroll Invite
19	John Barrett, Fr., SNC	27:36.41	10/14/06	UW-Oshkosh
20	Michael Horrell, So., GC	27:38.00	9/9/06	Les Duke Invite

### --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	Sarah Spencer, Jr., GC	18:55.00	9/1/06	Elmhurst
3	Sara Brady, Sr., GC	18:57.00	10/14/06	Knox
4	Katie Snowden, Sr., LFC	19:04.00	10/14/06	Lake Forest
5	Brittany Dick, Jr., RC	19:06.00	10/14/06	Wis. Privates
6	Leann Kimmons, Sr., LFC	19:25.00	10/14/06	Knox
7	Erin Sindewald, Jr., GC	19:39.00	10/14/06	Knox
8	Kaitlyn Ryan, Sr., GC	19:48.00	10/14/06	Knox
t9	Michelle Quade, Fr., BC	19:49.00	9/30/06	Sean Earl
t9	Rebecca Bessinger, So., GC	19:49.00	10/14/06	Knox
11	Chelby Sullivan, Sr., IC	20:07.00	9/30/06	Carl Sandburg
12	Catherine Frazier, Jr., LU	20:09.00	9/30/06	Sean Earl
13	Katie Jenewein, Jr., SNC	20:11.00	9/2/06	Tom Barry
14	Joy Manweiler, Jr., LU	20:19.00	9/30/06	Sean Earl
15	Diane Stajszczak, So., LFC	20:21.00	10/14/06	Lake Forest
16	Trina Bower, Sr., SNC	20:34.00	9/16/06	UW-Parkside
17	Erin Booth, Sr., GC	20:35.00	10/14/06	Knox
18	Katie Staab, Fr., MC	20:41.00	9/9/06	Carroll Invite
19	Lisa Booth, Sr., BC	20:43.00	9/30/06	Sean Earl
t20	Zoe Berman, Sr., KC	20:50.00	10/14/06	Knox
t20	Rebecca Duley, Jr., RC	20:50.00	9/9/06	Carroll Invite

