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--Oct. 26, 2005-- **Midwest Conference Cross Country**

Grinnell set to defend men's and women's titles at 2005 Cross Country Championships

RIPON, WIS. -- The Midwest Conference Cross Country Championships return to Grinnell, Iowa in 2005 and the host school will look to keep the hardware on campus for the second consecutive season. The Grinnell men's team won its eighth straight title last year and will be looking for its 19th MWC crown in the past 20 years on Saturday. The Grinnell women's team snapped St. Norbert's two-year title reign in Appleton, Wis., a year ago, ending an eight-year drought for the 12-time winners.

Defending men's champion **Zach Barr** from Monmouth will not compete due to injury, setting the stage for a possible showdown between Grinnell's **Dave Honig** and Ripon's **Dave Billings** who finished second and third, respectively, at last year's meet. Honig owns the top 8K time in the MWC this season (24:46.00), but Billings top mark is only six seconds off the pace.

A slew of other medalists return to push the frontrunners, including Honig's teammates **Justin Riley**, **David Krist** and **Charles Knuth** who all notched Top 15 finishes at last year's championship. With Barr sidelined, **Kel Bond**, **Scott Heiar** and **Anthony Welty** will try to lead the Fighting Scots to a team title after a second-place finish in 2004.

St. Norbert finished third last year and returns medalist **Jeff Pentek**, while returning Top 30 finishers **Dan Hankosky** (Lake Forest), **Zachary Andreski** (Carroll) and **Phil Keith** (Lawrence) will be called on to lead their respective teams.

Carroll's **Erin Kelley** will be the one to beat on the women's side once again this season. Kelley won the women's championship race as a freshman in 2004 and is poised to repeat after posting the top 5K time (18:32.00) in the conference during the regular-season. A gifted group of young runners broke through on the women's side last season, as freshman student-athletes occupied 12 of the Top 25 slots, including the Top 6. **Sarah Spencer** (Grinnell), **Meredith Groves** (Grinnell), **Jenna Kick** (St. Norbert) and **Rebecca Duley** (Ripon) are now all sophomores and will continue to try to and challenge their classmate.

Lawrence's **Joy Manweiler** has cut nearly two minutes off of her 2004 championship time and notched the third-best time in the conference this season, trailing only Kelley and Spencer. Vikings medalists **Colleen Detjens** and **Rachel Lucas** also return to try and prevent Grinnell's title defense after a second-place team finish last year.

Parity and the emergence of young runners will likely shape how both fields play out in 2005, one year after eight different schools were represented in the Top 20 in both the men's and women's divisions.

--MWC--



--Past MWC Men's Champion's--

1929	Cornell	1955	Grinnell	1980	Carleton
1930	Monmouth	1956	Carleton	1981	Carleton
1931	Monmouth	1957	Lawrence	1982	Carleton
1932	Carleton	1958	Grinnell	1983	Lawrence
1933	Cornell	1959	St. Olaf	1984	Lawrence
1934	Cornell	1960	Grinnell	1985	Lawrence
1935	Carleton	1961	Cornell	1986	Grinnell
1936	Carleton	1962	Carleton	1987	Grinnell
1937	Cornell	1963	Carleton	1988	Grinnell
1938	Cornell	1964	None	1989	Grinnell
1939	Beloit	1965	Carleton	1990	Grinnell
1940	Coe	1966	Carleton	1991	Grinnell
1941	None	1967	Carleton	1992	Grinnell
1942	None	1968	St. Olaf	1993	Grinnell
1943	None	1969	Carleton	1994	Grinnell
1944	None	1970	St. Olaf	1995	Grinnell
1945	None	1971	St. Olaf	1996	Monmouth
1946	Cornell	1972	St. Olaf	1997	Grinnell
1947	Cornell	1973	St. Olaf	1998	Grinnell
1948	Cornell	1974	Carleton	1999	Grinnell
1949	Lawrence		Lawrence	2000	Grinnell
1950	Lawrence	1975	Carleton	2001	Grinnell
1951	Lawrence	1976	Carleton	2002	Grinnell
1952	Carleton	1977	Carleton	2003	Grinnell
1953	Carleton	1978	Carleton	2004	Grinnell
1954	Carleton	1979	Carleton		

--Past MWC Women's Champion's--

1978	Grinnell	1992	Grinnell
1979	Grinnell	1993	Grinnell
1980	Grinnell	1994	Grinnell
1981	Cornell	1995	Grinnell
1982	Cornell	1996	Carroll
1983	Grinnell	1997	Carroll
1984	St. Norbert	1998	Beloit
1985	Grinnell	1999	Lawrence
1986	St. Norbert	2000	Carroll
1987	Cornell	2001	Lawrence
1988	Cornell	2002	St. Norbert
1989	Grinnell	2003	St. Norbert
1990	Lawrence	2004	Grinnell
1991	Grinnell		



2005 Midwest Conference Regular-Season Top Times

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

Rnk	Ath/Yr/School	Time	Date	Meet
1	David Honig, Sr., GC	24:46.00	9/23/05	Augustana
2	David Billings, Sr., RC	24:52.00	9/23/05	Augustana
3	Justin Riley, Sr., GC	25:17.00	9/23/05	Augustana
4	Kel Bond, So., MC	25:23.00	9/23/05	Augustana
5	Jim Hein, So., RC	25:33.00	9/23/05	Augustana
6	David Krist, So., GC	25:35.00	9/23/05	Augustana
7	Joseph Cardillo, Sr., BC	25:51.30	10/8/05	Ripon Invite
8	Scott Heiar, So., MC	25:54.00	9/23/05	Augustana
9	Drake Ballew, So., GC	25:55.00	9/23/05	Augustana
10	Charles Knuth, So., GC	26:00.00	9/23/05	Augustana
11	Anthony Welty, Jr., MC	26:00.10	10/15/05	UW-Oshkosh
12	Evan Palmer-Young, So., GC	26:15.00	9/23/05	Augustana
13	Adam Beals, Sr., GC	26:17.00	9/23/05	Augustana
14	Aaron Etienne, So., MC	26:18.00	9/23/05	Augustana
15	Bryan Schneider, So., RC	26:29.00	9/23/05	Augustana
16	Michael Van Hulle, Jr., GC	26:35.00	9/23/05	Augustana
17	Henry Reich, Fr., GC	26:40.00	9/23/05	Augustana
18	Jeff Pentek, So., SNC	26:41.00	9/17/05	UW-Parkside
19	Peter Cueno, Sr., GC	26:52.00	9/23/05	Augustana
20	Peter Nielsen, Sr., RC	26:55.00	9/23/05	Augustana

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

Rnk	Ath/Yr/School	Time	Date	Meet
1	Erin Kelley, So, CC	18:32.00	10/1/05	Sean Earl
2	Sarah Spencer, So., GC	19:11.00	9/2/05	Bob Timmons
3	Joy Manweiler, So., LU	19:22.00	9/17/05	UW-Parkside
4	Katie Jenewein, So., SNC	19:27.80	10/15/05	Wis. Privates
5	Erin Sindewald, So., GC	19:39.00	10/15/05	Knox Invite
6	Katie Snowden, Jr., LFC	19:48.00	10/15/05	Forester Invite
7	Jessica Grau, Jr., CC	20:01.50	10/15/05	Wis. Privates
8	Brittany Dick, So., RC	20:02.00	10/15/05	Tom Barry
9	Kaitlyn Ryan, Jr., GC	20:04.00	9/2/05	Bob Timmons
10	Brianne Lannon, Sr., CC	20:10.30	10/15/05	Wis. Privates
11	Colleen Detjens, Jr., LU	20:12.00	9/17/05	UW-Parkside
12	Meredith Groves, So., GC	20:36.00	9/2/05	Bob Timmons
13	Angela Grows, Sr., SNC	20:40.90	10/15/05	Wis. Privates
14	Dolores Garcia, Sr., GC	20:43.40	10/15/05	Prairie Fire
15	Lisa Booth, Jr., BC	20:47:00	10/1/05	Beloit Old E.
16	Amanda Hammermeister, So., BC	20:47.50	10/8/05	Ripon Invite
17	Alice Shepro, So., LU	21:04.10	10/15/05	Wis. Privates
18	Jenna Kick, So., SNC	21:09.00	9/2/05	Tom Barry
19	Rebecca Duley, So., RC	21:12:00	10/15/05	Wis. Privates
20	Erin Booth, Jr., GC	21:12.00	9/2/05	Bob Timmons

2004 Midwest Conference Cross Country Championships Medalists

Rnk	Ath/School	Time
1	Zach Barr, Monmouth College	25:58.14
2	Dave Honig, Grinnell College	26:05.28
3	Dave Billings, Ripon College	26:17.93
4	Justin Riley, Grinnell College	26:18.16
5	Colin McKean, St. Norbert College	26:53.72
6	Colin Tschida, Grinnell College	26:54.41
7	Mitch Herz, Grinnell College	27:01.40
8	Anthony Welty, Monmouth College	27:03.01
9	Omondi Kasidhi, Grinnell College	27:05.46
10	David Krist, Grinnell College	27:12.83
11	Kel Bond, Monmouth College	27:13.59
12	Joe Cardillo, Beloit College	27:13.71
13	Charlie Knuth, Grinnell College	27:24.17
14	Adam Beals, Grinnell College	27:32.54
15	Dan Hankosky, Lake Forest College	27:34.49
16	Jeff Pentek, St. Norbert College	27:36.63
17	Scott Heiar, Monmouth College	27:38.48
18	Paul Schonfeld, Lawrence University	27:51.99
19	Humberto Palmerin, Lake Forest College	27:58.29
20	Zachary Andreski, Carroll College	28:02.04

Rnk	Ath/School	Time
1	Erin Kelley, Carroll College	19:18.44
2	Sarah Spencer, Grinnell College	19:40.45
3	Cate Frazier, Lawrence University	19:49.63
4	Meredith Groves, Grinnell College	19:57.45
5	Tiffanie York, Monmouth College	19:59.08
6	Heidi Heberlein, Ripon College	20:04.93
7	Rebecca Chown, Beloit College	20:05.95
8	Katie Snowden, Lake Forest College	20:07.36
9	Katie Ryan, Grinnell College	20:11.36
10	Colleen Detjens, Lawrence University	20:16.15
11	Gina Baker, Ripon College	20:22.02
12	Heather Kargl, Ripon College	20:24.58
13	Lola Garcia, Grinnell College	20:24.75
14	Jenna Kick, St. Norbert College	20:25.82
15	Rachel Lucas, Lawrence University	20:26.66
16	Erin Sindewald, Grinnell College	20:26.67
17	Rebecca Duley, Ripon College	20:33.71
18	Amanda Hammermeister, Beloit College	20:44.32
19	Kelly Scheer, Lawrence University	20:45.26
20	Erin Booth, Grinnell College	20:51.22

2005 Midwest Conference Cross Country Performers of the Week

Sept. 6	Dave Billings, Ripon College
Sept. 13	Anthony Welty, Monmouth College
Sept. 20	Jeff Pentek, St. Norbert College
Sept. 27	David Honig, Grinnell College
Oct. 4	Joe Cardillo, Beloit College
Oct. 11	Dave Billings, Ripon College
Oct. 18	Dave Billings, Ripon College

Sept. 6	Joy Manweiler, Lawrence University
Sept. 13	Erin Kelley, Carroll College
Sept. 20	Sarah Spencer, Grinnell College
Sept. 27	Katie Ryan, Grinnell College
Oct. 4	Joy Manweiler, Lawrence University
Oct. 11	Colleen Detjens, Lawrence University
Oct. 18	Erin Sindewald, Grinnell College



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