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--Oct. 29, 2005-- **Midwest Conference Cross Country**

Grinnell men and women repeat at 2005 Cross Country Championships

GRINNELL, IOWA -- Grinnell's reign over MWC Cross Country continued at the 2005 Midwest Conference Cross Country Championship in Grinnell, Iowa on Saturday, October 29. The host school repeated as champions on the men's and women's sides, giving the Pioneer men their 19th title in 20 seasons. The Grinnell women added their MWC-best 13th title to the trophy case, while the men also tied former MWC member Carleton for total titles with 22.

Neither individual winner came from a team champion, as Carroll sophomore **Erin Kelley** (18:01) won her second consecutive title and Ripon senior **Dave Billings** (25:43) improved on his third-place finish a year ago to claim the first individual title in school history.

Billings held off Grinnell's **Justin Riley** (25:48) down the stretch, while Beloit's **Joe Cardillo** (26:16) and St. Norbert's **Jeff Pentek** (26:27) finished third and fourth, respectively. The next three men's finishers were all from Monmouth, who fell 10 points shy of ending Grinnell's nine straight titles, as **Anthony Welty** (26:29), **Scott Heiar** (26:33), and **Kel Bond** (26:34) crossed the finish line in order. Grinnell's **David Krist** (26:40) and **David Honig** (26:47) followed Monmouth's trio, while Ripon's **Jim Hein** (26:49) rounded out the Top 10 to help the Red Hawks to a third-place team finish, the top team mark in school history.

Grinnell placed nine runners in the Top 20 medalist slots, followed by Monmouth with five and Ripon with three.

On the women's side, Grinnell had a pair of runners follow Kelley to the finish line and five total runners in the Top 10. **Katie Ryan** (18:38) finished in second-place, one spot ahead of teammate **Sarah Brady** (18:43). **Erin Booth** (19:04), **Meredith Groves** (19:07) and **Erin Sindewald** (19:13) finished seventh, eighth and ninth, respectively, for the Pioneers. Six schools were represented among the first ten finishers, as Beloit's **Amanda Hammermeister** (4th - 18:51), Lake Forest's **Katie Snowden** (5th - 18:57), St. Norbert's **Katie Jenewin** (6th - 19:00) and Lawrence's **Joy Manweiler** (10th - 19:18) rounded out the Top 10. Snowden's time was the top performance in Lake Forest history, topping the previous mark by 17 seconds.

Teams will now prepare for the 2005 NCAA Regionals held at three Midwest sites on Saturday, November 12th.

(Complete Championship team results are available to the right. Complete individual results are available on page two and three)

--MWC--



--2005 Cross Country Championship Team Results--

MEN	WOMEN
1. Grinnell (42)	1. Grinnell (29)
2. Monmouth (51)	2. Lawrence (83)
3. Ripon (77)	3. Beloit (107)
4. Beloit (124)	4. Carroll (108)
5. St. Norbert (139)	5. St. Norbert (120)
6. Lawrence (160)	6. Lake Forest (133)
7. Lake Forest (203)	7. Monmouth (139)
8. Illinois College (215)	8. Ripon (187)
9. Carroll (236)	9. Illinois College (280)
10. Knox (251)	10. Knox (295)

--2005 Men's Cross Country Championship Top 10--

1. Dave Billings, Sr, Ripon	25:43
2. Justin Riley, Sr, Grinnell	25:48
3. Joe Cardillo, Sr, Beloit	26:16
4. Jeff Pentek, So, St. Norbert	26:27
5. Anthony Welty, Sr, Monmouth	26:29
6. Scott Heiar, So, Monmouth	26:33
7. Kel Bond, Jr, Monmouth	26:34
8. David Krist, So, Grinnell	26:40
9. David Honig, Sr, Grinnell	26:47
10. Jim Hein, So, Ripon	26:49

--2005 Women's Cross Country Championship Top 10--

1. Erin Kelley, So., Carroll	18:01
2. Katie Ryan, Jr., Grinnell	18:38
3. Sarah Brady, Jr., Grinnell	18:43
4. Amanda Hammermeister, So., Beloit	18:51
5. Katie Snowden, Jr., Lake Forest	18:57
6. Katie Jenewin, So., St. Norbert	19:00
7. Erin Booth, Jr., Grinnell	19:04
8. Meredith Groves, So., Grinnell	19:07
9. Erin Sindewald, So., Grinnell	19:13
10. Joy Manweiler, So., Lawrence	19:18



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

1929	Cornell	1949	Lawrence	1969	Carleton	1988	Grinnell
1930	Monmouth	1950	Lawrence	1970	St. Olaf	1989	Grinnell
1931	Monmouth	1951	Lawrence	1971	St. Olaf	1990	Grinnell
1932	Carleton	1952	Carleton	1972	St. Olaf	1991	Grinnell
1933	Cornell	1953	Carleton	1973	St. Olaf	1992	Grinnell
1934	Cornell	1954	Carleton	1974	Carleton	1993	Grinnell
1935	Carleton	1955	Grinnell		Lawrence	1994	Grinnell
1936	Carleton	1956	Carleton	1975	Carleton	1995	Grinnell
1937	Cornell	1957	Lawrence	1976	Carleton	1996	Monmouth
1938	Cornell	1958	Grinnell	1977	Carleton	1997	Grinnell
1939	Beloit	1959	St. Olaf	1978	Carleton	1998	Grinnell
1940	Coe	1960	Grinnell	1979	Carleton	1999	Grinnell
1941	None	1961	Cornell	1980	Carleton	2000	Grinnell
1942	None	1962	Carleton	1981	Carleton	2001	Grinnell
1943	None	1963	Carleton	1982	Carleton	2002	Grinnell
1944	None	1964	None	1983	Lawrence	2003	Grinnell
1945	None	1965	Carleton	1984	Lawrence	2004	Grinnell
1946	Cornell	1966	Carleton	1985	Lawrence	2005	Grinnell
1947	Cornell	1967	Carleton	1986	Grinnell		
1948	Cornell	1968	St. Olaf	1987	Grinnell		

--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	Grinnell

--Men's Cross Country Championship Results--

Pl.	Scr	Athlete/Year	Time	School
1	1	Dave Billings, Sr	25:43	Ripon
2	2	Justin Riley, Sr	25:48	Grinnell
3	3	Joe Cardillo, Sr	26:16	Beloit
4	4	Jeff Pentek, So	26:27	St. Norbert
5	5	Anthony Welty, Sr	26:29	Monmouth
6	6	Scott Heiar, So	26:33	Monmouth
7	7	Kel Bond, Jr	26:34	Monmouth
8	8	David Krist, So	26:40	Grinnell
9	9	David Honig, Sr	26:47	Grinnell
10	10	Jim Hein, So	26:49	Ripon
11	11	Charlie Knuth, So	26:53	Grinnell
12	12	Adam Beals, Sr	26:56	Grinnell
13	13	Henry Reich, Fr	26:57	Grinnell
14	14	Mike Van Hulle, Jr	27:10	Grinnell
15	15	Josh Penkowitz, Jr	27:14	St. Norbert
16	16	Aaron Etienne, Jr	27:15	Monmouth
17		Nick Sparr, Fr	27:27	Grinnell
18	17	Darin VanNattan, So	27:29	Monmouth
19	18	Bryan Schneider, So	27:32	Ripon
20		Pete Cueno, Sr	27:36	Grinnell
21	19	Kie Layne, Fr	27:40	Illinois College
22	20	Phil Keith, Jr	27:43	Lawrence
23		Nick Fogg, Sr	27:58	Grinnell
24		Drake Ballew, Fr	28:02	Grinnell
25	21	David Quinlan, Jr	28:03	Lawrence
26	22	Harri2n Smith, So	28:03	Ripon
27	23	Kyle Schierer, So	28:08	Monmouth
28	24	Louis-Claude Ackelsberg, Fr	28:11	Beloit
29	25	Derek Meiring, Sr	28:14	Lake Forest
30	26	Pete Nielsen, Sr	28:14	Ripon
31	27	Erik DeLapp, Jr	28:16	Knox
32	28	Anthony Johannes, Fr	28:21	Beloit
33		Patrick Waldo, Sr	28:25	Grinnell
34	29	Damon Bautista, Fr	28:28	Monmouth
35		Tommy Jamison, Fr	28:29	Grinnell
36	30	Zach Andreski, Jr	28:30	Carroll
37	31	Eric Wright, Jr	28:33	Beloit
38	32	Nathan Miyasaki, Jr	28:39	Ripon
39		Mike Horrell, Fr	28:40	Grinnell
40	33	Andrew Hutchin2n, Fr	28:47	Lake Forest
41	34	Mitch Goodman, Jr	28:49	Larence
42	35	Dan Hankosky, Jr	28:54	Lake Forest
43		Ken Stachorek, Jr	28:58	Monmouth
44	36	Brandon Cameron, Fr	29:01	St. Norbert
45	37	Dave Echelbarger, Jr	29:04	St. Norbert
46	38	Aaron Berdanier, Jr	29:05	Beloit
47	39	Tim Lyons, So	29:06	Carroll
48	40	Mark Ryan, Fr	29:07	Illinois College
49		Seth Leitner, So	29:08	Monmouth
50		Tanner Scott, Sr	29:20	Monmouth

(men's results continued below)

--Women's Cross Country Championship Results--

Pl.	Scr	Athlete/Year	Time	School
1	1	Erin Kelley, So	18:01	Carroll
2	2	Katie Ryan, Jr	18:38	Grinnell
3	3	Sarah Brady, Jr	18:43	Grinnell
4	4	Amanda Hammermeister, So	18:51	Beloit
5	5	Katie Snowden, Jr	18:57	Lake Forest
6	6	Katie Jenewein, So	19:00	St. Norbert
7	7	Erin Booth, Jr	19:04	Grinnell
8	8	Meredith Groves, So	19:07	Grinnell
9	9	Erin Sindewald, So	19:13	Grinnell
10	10	Joy Manweiler, So	19:18	Lawrence
11	11	Colleen Detjens, Jr	19:24	Lawrence
12	12	Brittany Dick, So	19:28	Ripon
13	13	Lola Garcia, Sr	19:35	Grinnell
14	14	Jess Grau, Sr	19:40	Carroll
15	15	Valerie Daves, Fr	19:45	Monmouth
16	16	Leann Kimmons, Jr	19:47	Lake Forest
17	17	Rachel Lucas, Sr	19:49	Lawrence
18	18	Angela Grows, Sr	19:52	St. Norbert
19	19	Akane Tsuruta, Sr	19:59	Beloit
20	20	Bree Lannon, Sr	20:01	Carroll
21	21	Trina Bower, Jr	20:09	St. Norbert
22	22	Alice Shepro, So	20:15	Lawrence
23	23	Clare Shinnors, So	20:17	Lawrence
24	24	Marie Lindquist, So	20:19	Grinnell
25	25	Alyssa Coriell, Jr	20:22	Beloit
26	26	Pam Ripp, So	20:27	St. Norbert
27	27	Kila Cox, Jr	20:28	Monmouth
28	28	Lisa Booth, Jr	20:30	Beloit
29	29	Genia Lindsey, Sr	20:33	Lake Forest
30	30	Kaile Schriener, Fr	20:34	Monmouth
31		Allion Louthan, So	20:36	Grinnell
32	31	Lucy Blackford, Jr	20:36	Beloit
33	32	Erin Mann, Sr	20:40	Monmouth
34	33	Cate Iazier, So	20:45	Lawrence
35	34	Sarah Banaszynski, Sr	20:48	Carroll
36	35	Sara Ingersoll, So	20:57	Monmouth
37	36	Rebecca Duley, So	21:01	Ripon
38	37	Chelby Sullivan, Jr	21:06	Illinois College
39		Cori McKenzie, Sr	21:08	Grinnell
40		Kimmie Rovin, Sr	21:11	Grinnell
41	38	Joni Nelson, Jr	21:14	Monmouth
42		Sarah Batterman, So	21:14	Grinnell
43	39	Andrea Liermann, Sr	21:21	Carroll
44	40	Maddie Kissane, Jr	21:22	Carroll
45	41	Mackenzie Keeley, Fr	21:27	Lake Forest
46	42	Liz Martinez, Jr	21:28	Lake Forest
47	43	Kris De la Torre, So	21:35	Lake Forest
48	44	Kussman Sara, So	21:37	Ripon
49	45	Hilary Murkowski, So	21:39	Ripon
50	46	Carissa Young, Jr	21:42	Monmouth

(women's results continued below)

Pl.	Scr	Athlete/Year	Time	School
51	41	Aaron Kammer, Jr	29:24	Ripon
52	42	Russ Geisthardt, So	29:24	Lawrence
53		Chris Knap, So	29:30	Grinnell
54	43	Evan Jacobson, So	29:33	Lawrence
55		Jordan Glaser, Sr	29:37	Grinnell
56		Spencer Selbo, Fr	29:45	Ripon
57		Sean Fitzgerald, Sr	29:47	Monmouth
58	44	Jeffery Gage, Fr	30:03	Beloit
59		Youssef Azmani, So	30:07	Ripon
60	45	Brian Bjurstrom, Jr	30:10	Beloit
61		Evan Palmer-Young, So	30:18	Grinnell
62	46	Jordan Stott, So	30:20	Illinois
63		Calvin Heiling, So	30:21	Grinnell
64	47	Zak Slivinski, Sr	30:22	St. Norbert
65		John Guittar, Jr	30:37	Grinnell
66	48	Tyler Swafford, Sr	30:43	Knox
67		John Schorling, Jr	30:43	Beloit
68		Andrew Manion, Jr	30:44	Grinnell
69	49	Kevin Priyatel, Fr	30:50	Carroll
70	50	Jace La Chapelle, Sr	31:00	Carroll
71	51	Ted Heyduck, Jr	31:02	Illinois
72		Ryan Ream, So	31:05	Beloit
73	52	Jacob Sircy, Fr	31:07	St. Norbert
74	53	Eric Toney, Sr	31:16	St. Norbert
75		Mike Treder, Jr	31:16	Ripon
76	54	Michael Wollar, Sr	31:24	Lake Forest
77		Ben Raphelson, So	31:37	Grinnell
78	55	Colin Alber, Fr	31:40	Knox
79	56	Will Pittinos, Sr	31:44	Lake Forest
80		Kyle Gonnerman, Jr	31:47	Grinnell
81	57	Micah Thompson, Fr	31:49	Lawrence
82	58	Lincoln Thomas, Fr	31:51	Lawrence
83	59	Mike Kralik, Jr	32:01	Illinois
84		Brad Bishop, So	32:11	Grinnell
85		Daniel Hayes, Jr	32:24	Beloit
86	60	Mickey Dooley, Fr	32:30	Knox
87		Justin Gassner, Jr	32:32	St. Norbert
88	61	Mike Prentice, So	32:37	Knox
89	62	Grant Shaw, So	32:38	Lake Forest
90		Bryan Berube, Jr	32:40	Grinnell
91	63	Matthew Harrison, Fr	32:47	Illinois
92		Ben Cohn, So	33:05	Grinnell
93		Patrick Busch, So	33:08	Grinnell
94		Matt Hildebrandt, Jr	33:14	Ripon
95		Peter Azmani, Fr	33:15	Ripon
96		Matt Henning, So	33:26	Monmouth
97		John Dunwoody, So	33:35	Beloit
98		Steve Strohmaier, So	33:39	St. Norbert
99	64	Jason Haynes, Fr	33:41	Illinois
100		Bryan Boyce, Fr	33:42	Grinnell
101	65	Asa Reynolds, Fr	34:20	Lake Forest
102	66	Bryan Lund, Fr	34:58	Knox
103		Neil Gasparka, Jr	35:48	St. Norbert
104		Zach Keilholz, Fr	35:51	Lawrence
105	67	Sam Rothschild, Fr	36:29	Knox
106	68	Derek Rubis, Sr	37:06	Carroll
107		Patrick Cogar, So	37:16	Knox
108		Donnie Forti, Sr	37:57	Knox
109		Jacob Braun, Fr	38:38	Knox
110		Chris Bembynista, Fr	39:01	Lake Forest

Pl.	Scr	Athlete/Year	Time	School
51	47	Johanna Heilman, Sr	21:43	Beloit
52	48	Ashley Brant, Jr	21:45	Lake Forest
53	49	Liz Newgent, Fr	21:47	St. Norbert
54		Ashley Gaul, Jr	21:51	Monmouth
55		Becky Bessinger, So	21:56	Grinnell
56	50	Erin Beggs, Fr	21:57	Ripon
57	51	Vida Lozano-Alvarado, So	21:57	Knox
58		Paige Wheeler, Jr	22:00	Grinnell
59		Christy Cloninger, So	22:01	Grinnell
60	52	Katie Harmeyer, Fr	22:07	Carroll
61		Colette Boilini, So	22:11	Grinnell
62	53	Liz Weigel, Jr	22:15	St. Norbert
63	54	Therese Janecke, Jr	22:16	St. Norbert
64	55	Leah Knowles, Fr	22:17	Beloit
65		Ellen Zaander, Fr	22:19	Grinnell
66		Jackie Groves, Fr	22:20	Grinnell
67		Marta Casey, So	22:22	Beloit
68		Hanna Neubauer, Fr	22:23	Grinnell
69		Whitney Knopf, Fr	22:24	Grinnell
70	56	Julie DeBoer, Fr	22:25	Lawrence
71		Erin Gannon, Jr	22:30	St. Norbert
72		Laura Zdunek, Jr	22:31	Grinnell
73		Carly Santoro, Fr	22:32	Beloit
74		Nora Shields, So	22:34	Grinnell
75		Lana Haugberg, Fr	22:36	Beloit
76		Melissa Braner, Jr	22:39	Carroll
77		Alicia Gramling, Fr	22:40	Beloit
78		Christine Gebler, Fr	22:40	Lawrence
79	57	Amy Thompson, Jr	22:43	Knox
80		Caitlin Monaghan, Fr	22:45	Grinnell
81		Anna Michaud, Sr	22:47	Beloit
82	58	Kim Kravanya, Sr	22:48	Illinois College
83	59	Natalie Bell, Jr	22:50	Illinois College
84		Tatiana Bulat, Fr	22:52	Lawrence
85		Allison Gnade, Fr	23:00	Grinnell
86		Katie Kramer, Sr	23:05	Lawrence
87		Nikoma Baccus, Jr	23:13	Lawrence
88	60	Kathleen Dickinson, Fr	23:21	Knox
89		Phoebe Souza, So	23:23	Grinnell
90	61	Alexandra Cartwright, Fr	23:25	Illinois College
91		Meghan Jones, Sr	23:28	Grinnell
92	62	Danica Lute, Fr	23:28	Ripon
93		Brittany Story, Fr	23:35	Monmouth
94		Kristina Blanke, So	23:39	Carroll
95		Rachel Glass, Fr	23:49	Grinnell
96	63	Megan Butler, So	24:16	Knox
97		Stefanie Kinnamon, Sr	24:27	Grinnell
98		Katie Lupo, Sr	24:47	Lake Forest
99	64	Laura Heggs, So	24:49	Knox
100		Liz Henry, Jr	24:52	Lawrence
101		Heather Rockwell, So	24:54	Beloit
102		Emily Willborn, So	24:54	Grinnell
103		Anne Eaton, So	25:04	Grinnell
104		Stephanie Staus, Sr	25:08	Carroll
105		Andrea Bledsoe, Jr	25:09	Carroll
106		Sarah Marrinan, Fr	25:13	Lake Forest
107	65	Danielle Smith, So	25:15	Illinois College
108		Rebecca Wachter, So	25:22	Beloit
109		Cassie Sims, So	25:33	Grinnell
110		Kate Sullivan, So	26:01	Carroll
111		Nicole Nodi, Fr	26:16	Lake Forest
112		Tori McKenna, Sr	26:21	Beloit
113	66	Stephanie Rogers, Jr	27:10	Knox
114	67	Sarah Johnson, Jr	27:57	Knox
115		Jenna Dittmar, So	28:11	St. Norbert
116		Sam Heflon, Fr	28:51	Carroll
117		Kelsey Grubbs, So	29:58	Lawrence
118		Robin Burke, Jr	35:20	Beloit



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