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--Nov. 1, 2005--

Midwest Conference Cross Country

--Last Week's Results--

2005 Midwest Conference Championships

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)



--Upcoming Schedule--

Saturday, November 12
Men's and Women's NCAA Regionals

--Men's Top Performer 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

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

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

--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	Kaitlyn Ryan, Jr., GC	18:47.00	10/29/05	MWC Champ.
3	Sara Brady, Jr., GC	18:52.00	10/29/05	MWC Champ.
4	Katie Snowden, Jr., LFC	18:57.00	10/29/05	MWC Champ.
5	Sarah Spencer, So., GC	19:11.00	9/2/05	Bob Timmons
6	Erin Booth, Jr., GC	19:13.00	10/29/05	MWC Champ.
7	Meredith Groves, So., GC	19:16.00	10/29/05	MWC Champ.
8	Erin Sindewald, So., GC	19:22.00	9/17/05	MWC Champ.
9	Joy Manweiler, So., LU	19:22.00	9/17/05	UW-Parkside
10	Katie Jenewein, So., SNC	19:27.80	10/15/05	Wis. Privates
11	Brittany Dick, So., RC	19:28.00	10/29/05	MWC Champ.
12	Dolores Garcia, Sr., GC	19:35.00	10/29/05	MWC Champ.
13	Valerie Daves, Fr., MC	19:45.00	10/29/05	MWC Champ.
14	Leann Kimmons, Jr., LFC	19:47.00	10/29/05	MWC Champ.
15	Amanda Hammermeister, So., BC	20:47.50	10/8/05	Ripon Invite
16	Jessica Grau, Jr., CC	20:01.50	10/15/05	Wis. Privates
17	Brianne Lannon, Sr., CC	20:10.30	10/15/05	Wis. Privates
18	Colleen Detjens, Jr., LU	20:12.00	9/17/05	UW-Parkside
19	Kila Cox, Jr., MC	20:28.00	10/29/05	MWC Champ.
20	Marie Lindquist, So., GC	20:29.00	10/29/05	MWC Champ.



--2005 MWC Cross Country Championship Medalists--

MEN

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
11	Charlie Knuth, So, Grinnell	26:53
12	Adam Beals, Sr, Grinnell	26:56
13	Henry Reich, Fr, Grinnell	26:57
14	Mike Van Hulle, Jr, Grinnell	27:10
15	Josh Penkwitz, Jr, St. Norbert	27:14
16	Aaron Etienne, Jr, Monmouth	27:15
17	Nick Sparr, Fr, Grinnell	27:27
18	Darin VanNattan, So, Monmouth	27:29
19	Bryan Schneider, So, Ripon	27:32
20	Pete Cueno, Sr, Grinnell	27:36

WOMEN

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 Jenewein, 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
11	Colleen Detjens, Jr, Lawrence	19:24
12	Brittany Dick, So, Ripon	19:28
13	Lola Garcia, Sr, Grinnell	19:35
14	Jess Grau, Sr, Carroll	19:40
15	Valerie Daves, Fr, Monmouth	19:45
16	Leann Kimmons, Jr, Lake Forest	19:47
17	Rachel Lucas, Sr, Lawrence	19:49
18	Angela Grows, Sr, St. Norbert	19:52
19	Akane Tsuruta, Sr, Beloit	19:59
20	Bree Lannon, Sr, Carroll	20:01

--Past Women's Champions--

Year	Team	Year	Team	Year	Team	Year	Team
1978	Grinnell	1985	Grinnell	1992	Grinnell	1999	Lawrence
1979	Grinnell	1986	St. Norbert	1993	Grinnell	2000	Carroll
1980	Grinnell	1987	<i>Cornell</i>	1994	Grinnell	2001	Lawrence
1981	<i>Cornell</i>	1988	<i>Cornell</i>	1995	Grinnell	2002	St. Norbert
1982	<i>Cornell</i>	1989	Grinnell	1996	Carroll	2003	St. Norbert
1983	Grinnell	1990	Lawrence	1997	Carroll	2004	Grinnell
1984	St. Norbert	1991	Grinnell	1998	Beloit	2005	Grinnell

--MWC Title Breakdown--

Grinnell - 13 ('78, '79, '80, '83, '85, '89, '91, '92, '93, '94, '95, '04, '05)
Cornell - 4 ('81, '82, '87, '88)
St. Norbert - 4 ('84, '86, '02, '03)
Carroll - 3 ('96, '97, '00)
Lawrence - 3 ('90, '99, '01)
Beloit - 1 ('98)

Italics indicate former MWC member

--Past Men's Champion's--

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

--MWC Title Breakdown--

Grinnell - 22 ('55, '58, '60, '86, '87, '88, '89, '90, '91, '92, '93, '94, '95, '97, '98, '99, '00, '01, '02, '03, '04, '05)
Carleton - 22 ('32, '35, '36, '52, '53, '54, '56, '62, '63, '65, '66, '67, '69, '74, '75, '76, '77, '78, '79, '80, '81, '82)
Cornell - 9 ('29, '33, '34, '37, '38, '46, '47, '48, '61)
Lawrence - 8 ('36, '49, '50, '51, '57, '83, '84, '85)
St. Olaf - 6 ('59, '68, '70, '71, '72, '73)
Monmouth - 3 ('30, '31, '96)
Beloit - 1 ('39)
Coe - 1 ('40)

Italics indicate former MWC member



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