



Chris Graham
Commissioner
 grahamc@midwestconference.org

www.midwestconference.org

Matt Troha
Sports Information Director
 troham@midwestconference.org

--Sept. 27, 2005-- **Midwest Conference Cross Country**

--Last Week's Results--

Friday, September 23

Augustana Invitational (Davenport, Iowa)

MEN	WOMEN
Grinnell (6th/32)	Grinnell (5th/27)
Ripon (11th/32)	Ripon (21st/27)

Saturday, September 24

Roy Griak Invitational (St. Paul, Minn.)

MEN	WOMEN
St. Norbert (28th/43)	Lawrence (17th/28)
Lawrence (36th/43)	St. Norbert (20th/28)
Carroll (40th/43)	Carroll (21st/28)
Knox (43rd/43)	Knox (28th/28)

--This Week's Schedule--

Saturday, October 1

Beloit hosts Old English Invitational

(Beloit, Knox, Lawrence, Ripon, St. Norbert) 11 a.m.

Sean Earl Invitational (Chicago, Ill.)

(Carroll, Lake Forest, Monmouth) 9 a.m.

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

David Honig - Grinnell College - Senior Rhinelander, Wis./Rhinelander

Honig finished second at the Brissman-Lundeen Invitational on Friday, as the senior posted a personal-best and conference-leading time of 24:46 on the 8K course. He becomes just the 5th Grinnell runner ever to break 25-minute mark in an 8K race.



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

Katie Ryan - Grinnell College - Junior Caledonia, Mich./Caledonia

Ryan was Grinnell's top runner at the Brissman-Lundeen Invitational on Friday, placing 13th in a field of 334 runners. Ryan finished with a personal-best time of 22:22. The effort was the top 6K time in the Midwest Conference this season and ranks #1 all-time on Grinnell's Top 50 6K list.



--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	Scott Heiar, So., MC	25:54.00	9/23/05	Augustana
8	Drake Ballew, So., GC	25:55.00	9/23/05	Augustana
9	Charles Knuth, So., GC	26:00.00	9/23/05	Augustana
10	Evan Palmer-Young, So., GC	26:15.00	9/23/05	Augustana
11	Adam Beals, Sr., GC	26:17.00	9/23/05	Augustana
12	Aaron Etienne, So., MC	26:18.00	9/23/05	Augustana
13	Anthony Welty, Jr., MC	26:28.00	9/17/05	Les Duke
14	Bryan Schneider, So., RC	26:29.00	9/23/05	Augustana
15	Michael Van Hulle, Jr., GC	26:35.00	9/23/05	Augustana
16	Henry Reich, Fr., GC	26:40.00	9/23/05	Augustana
17	Jeff Pentek, So., SNC	26:41.00	9/17/05	UW-Parkside
18	Peter Cueno, Sr., GC	26:52.00	9/23/05	Augustana
19	Peter Nielsen, Sr., RC	26:55.00	9/23/05	Augustana
20	Patrick Waldo, Sr., GC	27:03.00	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	19:00.00	9/17/05	UW-Parkside
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	Kaitlyn Ryan, Jr., GC	20:04.00	9/2/05	Bob Timmons
5	Katie Snowden, Jr., LFC	20:05.00	9/2/05	Tom Barry
6	Colleen Detjens, Jr., LU	20:12.00	9/17/05	UW-Parkside
7	Jessica Grau, Jr., CC	20:26.00	9/2/05	Tom Barry
8	Meredith Groves, So., GC	20:36.00	9/2/05	Bob Timmons
9	Brittany Dick, So., RC	20:48.00	9/2/05	Tom Barry
10	Erin Sindewald, So., GC	20:59.00	9/2/05	Bob Timmons
11	Erin Booth, Jr., GC	21:12.00	9/2/05	Bob Timmons
12	Alice Shepro, So., LU	21:14.00	9/2/05	Tom Barry
13	Brianne Lannon, Sr., CC	21:16.00	9/17/05	UW-Parkside
14	Erin Beggs, Fr., RC	21:35.00	9/2/05	Tom Barry
15	Chelby Sullivan, So., IC	21:35.00	9/9/05	Bradley Open
16	Kaile Schreiner, Fr., MC	21:37.00	9/9/05	Bradley Open
17	Valerie Daves, Fr., MC	21:43.00	9/9/05	Bradley Open
18	Rachel Lucas, Sr., LU	21:45.00	9/17/05	UW-Parkside
19	Dolores Garcia, GC	21:46.00	9/2/05	Bob Timmons
20	Sara Brady, Jr., GC	21:54.00	9/2/05	Bob Timmons



--2005 MWC Composite Schedule--

Date	Event (Participating MWC Teams)	Time
Sept. 2	Augustana Opener (Knox)	6 p.m.
Sept. 3	St. Norbert hosts Tom Barry Invitational (Lake Forest, Lawrence, Ripon, St. Norbert)	11 a.m.
	Bob Timmons Invitational (Grinnell)	10 a.m.
	Western Illinois Open (Monmouth)	TBA
Sept. 9	Spartan Classic (Carroll, Lake Forest)	4:45 p.m.
	Bradley University Open (Illinois College, Monmouth)	5:30 p.m.
Sept. 10	Carroll College Invitational (Carroll, Lawrence, Ripon, St. Norbert)	11 a.m.
	Rockford at Beloit	11 a.m.
Sept. 17	Grinnell hosts Les Duke Invitational (Grinnell, Monmouth)	10 a.m.
	UW-Parkside Invitational (Beloit, Carroll, St. Norbert)	11 a.m.
Sept. 23	Augustana Invitational (Grinnell, Monmouth, Ripon)	4 p.m.
Sept. 24	Roy Griak Invitational (Carroll, Knox, Illinois College, Lake Forest, Monmouth, St. Norbert)	9 a.m.
Oct. 1	Beloit hosts Old English Invitational (Beloit, Knox, Lawrence, Ripon, St. Norbert)	11 a.m.
	Sean Earl Invitational (Carroll, Lake Forest, Monmouth)	10:30 a.m.
Oct. 8	Ripon College Invitational (Beloit, Carroll, Lawrence, Ripon, St. Norbert)	11 a.m.
	SIU-Edwardsville Border Challenge (Illinois College, Monmouth)	TBA
	Wartburg College Invitational (Grinnell, Knox, Monmouth)	10 a.m.
Oct. 15	Knox hosts Prairie Fire Invitational (Grinnell, Knox)	10:30 a.m.
	Lake Forest hosts Forester Invitational (Lake Forest)	11 a.m.
	Wisconsin Private School Championships (Beloit, Carroll, Lawrence, Ripon, St. Norbert)	11 a.m.
	Millikin (Illinois College)	TBA
	UW-Oshkosh Invitational (Monmouth)	10:30
Oct. 22	UW-Platteville Invitational (Knox)	11:15 a.m.
	St. Louis Invitational (Illinois College)	TBA
Oct. 29	2005 Midwest Conference Championships	10:00 am
Nov. 12	2005 NCAA Championships - Regionals	TBA

--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		

--MWC Title Breakdown--

Grinnell - 12 ('78, '79, '80, '83, '85, '89, '91, '92, '93, '94, '95, '04)
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>		

--MWC Title Breakdown--

Carleton - 22 ('32, '35, '36, '52, '53, '54, '56 '62, '63, '65, '66, '67, '69, '74, '75, '76, '77, '78, '79, '80, '81, '82)
Grinnell - 21 ('55, '58, '60, '86, '87, '88, '89, '90, '91, '92, '93, '94, '95, '97, '98, '99, '00, '01, '02, '03, '04)
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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