

Corey Ihmels, Iowa State head coach – “I’m excited for the young ladies, they worked really hard up to this point. We had a beautiful day out here on the course and things went our way.

“We ran solid, we didn’t run great today. Our usual number five was sick, so we had someone step up today that we didn’t expect. But we knew that was a possibility, someone would come out of the woodwork.

“We ran well up front, but not great. I told them before that we will be a better team in two weeks at regionals and a much better team at nationals a week after that. It’s a step along the way, but when you walk away with the conference championship it’s special.

“Any time you win a championship it’s special. It’s been a long time coming for these ladies. We’ve had some really good individuals come through our program. Now to win a team title I have to give some credit back to the ladies who got this started about five years ago. Obviously, hats off to the young ladies who performed today.

Caroline Jepleting, Texas Tech individual winner – “Today was a good meet. I’m happy and pleased with how I performed. Heading towards regionals I’m hoping to do my best there as well as nationals.

“The pace was nice, I could feel that it was my pace. In the last 800 meters I felt really good and that’s when I moved to take the win.

“The course was really nice. I was expecting today to be a little warmer since it was so windy yesterday. It was cool this morning, but at least the wind died down. That made it easier to run this course and have a good race.