

# CUSA CROSS COUNTRY

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## HEAD CROSS COUNTRY COACHES

East Carolina (B) \_\_\_\_\_ Dan Lee  
 Houston (B) \_\_\_\_\_ Ryan Turner  
 Marshall (B) \_\_\_\_\_ Jeff Small  
 Memphis (B) \_\_\_\_\_ Mike Power  
 Rice (M) \_\_\_\_\_ Jon Warren  
 Rice (W) \_\_\_\_\_ Jim Bevan  
 SMU (W\*) \_\_\_\_\_ Cathy Casey  
 Southern Miss (W\*) \_\_\_\_\_ Cassandra Goodson  
 Tulane (W\*) \_\_\_\_\_ Heather Van Norman  
 Tulsa (B) \_\_\_\_\_ Steve Gullely  
 UAB (W\*) \_\_\_\_\_ Ray Stanfield  
 UCF (B) \_\_\_\_\_ Mason Cathey  
 UTEP (B) \_\_\_\_\_ Paul Ereng

(M) - men's coach, (W) - women's coach; (B) - coaches both squads; (W\*) - women's programs only

## 2007 ATHLETES OF THE WEEK

C-USA names a male and female Cross Country Athlete of the Week. The Athlete of the Week awards are selected by the C-USA media relations department and announced every Tuesday throughout the season.

### September 5

Male - Eric Harris, Tulsa  
 Female - Elizabeth Ambrus, UAB

### September 11

Male - Stephen Samoei, UTEP  
 Female - Aubrey Phillips, Tulane

### September 18

Male - Patrick Mutai, UTEP  
 Female - Alex Becker, Tulsa

### September 25

Male - Stephen Magness, Houston  
 Female - Marissa Daniels, Rice

### October 2

Male - Edwin Henshaw, Tulsa  
 Female - Marissa Daniels, Rice

### October 9

Male - Miles Harris, UCF  
 Female - Kelly Young, UTEP

### October 16

Male - Stephen Samoei, UTEP  
 Female - Alex Becker, Tulsa & Silje Fjortoft, SMU

### October 23

Male - no available athlete  
 Female - Zuna Portillo, Southern Miss

### October 30

Male - Stephen Samoei, UTEP  
 Female - Alex Becker, Tulsa

### November 13

Male - Stephen Samoei, UTEP  
 Female - Silje Fjortoft, SMU

## 2007 C-USA CROSS COUNTRY ATHLETES OF THE YEAR

Senior **Stephen Samoei** of UTEP and junior **Alex Becker** of Tulsa have been named Conference USA Male and Female Cross Country Athletes of the Year, respectively, as voted upon by C-USA head cross country coaches and released by the conference office Wednesday.

Samoei becomes the first runner in C-USA history to earn three All-American honors and to be named the league's Cross Country Athlete of the Year for three consecutive seasons. He also garnered the awards in 2005 and 2006, after leading the nationally-ranked UTEP Miners to C-USA team titles and NCAA Regional appearances. He is the third All-American in C-USA history.

The three-time All-C-USA selection helped lead the Miners, who finished the season ranked 10th in the nation, to their third-consecutive C-USA Championship title by scoring a perfect 15 points on their home course in El Paso in October. The Eldoret, Kenya, native also repeated his NCAA All-Mountain Regional honor after the team placed second and he finished runner-up (29:54.5) in the 10K race. Samoei wrapped up his collegiate career with the 23rd best time of 30:20.4 at the 2007 NCAA Championships in November. The four-time C-USA Athlete of the Week honoree led UTEP in all but one meet and won two individual titles this season.

After a strong showing at the NCAA Championship, Becker became TU's first All-American in cross country by placing 15th with a 6K time of 20:35. Becker, a native of Guelph, Ontario, Canada, is only the second Tulsa woman to qualify for the NCAA Championships twice. The three-time C-USA Athlete of the Week selection, finished third at the NCAA Midwest Regional where she established a personal-best of 20:06 in a 6K race. As a tune-up for the national and regional meets, Becker won the C-USA individual title by clocking a winning 5K time of 17:34.6. That performance earned her the league's Athlete of the Year honor and All-C-USA first team accolades.

## 2007 C-USA CHAMPIONSHIP RESULTS & AWARDS

### 2007 C-USA MEN'S RESULTS

1. UTEP	15 ^
2. Tulsa	42
3. Rice	110
4. Marshall	116
5. Houston	128
6. UCF	131
7. East Carolina	201
8. Memphis	206

### ALL-C-USA MEN'S TEAMS

**First Team**  
 Stephen Samoei, Sr., UTEP  
 Patrick Mutai, Jr., UTEP  
 Nicodemus Ng'etich, So., UTEP  
 Japheth Ng'ojoy, Jr., UTEP  
 Dominic Tanul, Jr., UTEP

### Second Team

John Beattie, Jr., Tulsa  
 Edwin Henshaw, Jr., Tulsa  
 Lewis Timmins, So., Tulsa  
 Steven Magness, Sr., Houston  
 Joel Stansloski, Sr., Tulsa

### Third Team

Eric Harris, So., Tulsa  
 Brett Turowski, Sr., Tulsa  
 Travis Epling, Jr., Marshall  
 Jay Matlack, Sr., Tulsa  
 Kyle Dekker, So., Tulsa

### INDIVIDUAL CHAMPIONS

Stephen Samoei, UTEP

### FRESHMEN OF THE YEAR

Eric Frohnepfel, Marshall

### NEWCOMER OF THE YEAR

John Beattie, Tulsa

### ATHLETE OF THE YEAR

Stephen Samoei, UTEP

### COACH OF THE YEAR

Paul Ereng, UTEP

### 2007 C-USA WOMEN'S RESULTS

1. Rice	26 ^
2. Tulsa	54
3. SMU	105
4. UAB	118
5. UTEP	124
6. Tulane	152
7. UCF	196
8. East Carolina	214
9. Memphis	267
10. Marshall	274
11. Houston	280
12. Southern Mississippi	302

### ALL-C-USA WOMEN'S TEAMS

#### First Team

Alex Becker, Jr., Tulsa  
 Silje Fjortoft, Fr., SMU  
 Marissa Daniels, Sr., Rice  
 Allison Pye, Fr., Rice  
 Becky Wade, Fr., Rice

#### Second Team

Callie Wells, Sr., Rice  
 Elizabeth Ambrus, Sr., UAB  
 Nicole Mericle, So., Rice  
 Lana Kelley, So., Tulsa  
 Lennie Waite, Sr., Rice

#### Third Team

Jessa Simmons, Jr., SMU  
 Ashlea Gilfillan, Fr., Tulsa  
 Laura Englehutt, Fr., Tulsa  
 Kelly Young, Sr., UTEP  
 Laurie Dalrymple, Fr., Tulane

### INDIVIDUAL CHAMPION

Alex Becker, Tulsa

### FRESHMAN & NEWCOMER OF THE YEAR

Silje Fjortoft, SMU

### ATHLETE OF THE YEAR

Alex Becker, Tulsa

### COACH OF THE YEAR

Jim Bevan, Rice

^ C-USA Championship Records

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## ALL-AMERICANS

### Male

Stephen Samoei, Sr., UTEP (23rd/30:20.4/10K)

### Female

Alex Becker, Jr., Tulsa (15th/20:35/6K)

## NCAA

### NCAA MEN'S TEAMS

10. UTEP (331 pts.)  
29. Tulsa (627 pts.)

### NCAA WOMEN'S TEAMS

16. Rice (413 pts.)

### NCAA INDIVIDUAL RESULTS

#### Women

Alex Becker, Tulsa (15th/20:35)  
Silje Fjortoft, SMU (49th/21:11)  
Becky Wade, Rice (53rd/21:23)  
Marissa Daniels, Rice (62nd/21:27)  
Allison Pye, Rice (71st/21:33)  
Nicole Mericle, Rice (91st/21:44)  
Elizabeth Ambrus, UAB (106th/21:35.0)  
Britany Williams, Rice (136th/22:08)

#### Men

Stephen Samoei, UTEP (23rd/30:20.4)  
Patrick Mutai, UTEP (48th/30:41.4)  
Nicodemus Ng'etich, UTEP (57th/30:44)  
Japheth Ngo'joy, UTEP (63rd/30:48)  
John Beattie, Tulsa (127th/31:22)  
Joel Stansloski, Tulsa (129th/31:22)  
Lewis Timmins, Tulsa (145th/31:27)  
Kyle Dekker, Tulsa (188th/31:51)  
Eric Harris, Tulsa (189th/31:54)  
Dominic Tanui, UTEP (218th/32:35)  
Jay Matlack, Tulsa (229th/32:48)  
Aggrey Chirchir, UTEP (231st/32:55)  
Brett Turowski, Tulsa (235th/33:00)

## REGIONALS

### Men

#### MIDWEST REGIONAL

4. Tulsa (125 pts)  
6. John Beattie, 30:11  
22. Lewis Timmins, 30:46  
26. Kyle Dekker, 30:56  
35. Eric Harris, 31:14  
35. Joel Stansloski, 31:14  
41. Brett Turowski, 31:25

#### MOUNTAIN REGIONAL

2. UTEP (56 pts.)  
2. Stephen Samoei, 29:52.1  
4. Patrick Mutai, 30:14.3  
15. Nicodemus Ng'etich, 30:55.8  
17. Dominic Tanui, 31:00.6  
18. Japheth Ngo'joy, 31:06.3  
62. Aggrey Chirchir, 32:58.5

## SOUTH REGIONAL

### 13. UCF (368 pts)

63. Paul Fitzpatrick, 33:09.45  
66. Daniel Conn, 33:16.83  
68. Richard Bonilla, 33:19.02  
96. Matt Clements, 34:32.86  
117. Miles Harris, 36:07.03

## SOUTH CENTRAL REGIONAL

### 8. Rice (201 pts.)

24. Brad Morris, 31:03.1  
38. Brett Olson, 31:33.8  
47. Scott Zivick, 31:56.5  
50. Justin Maxwell, 32:00.0  
67. Colby Keithen, 32:41.5  
82. John Buck, 33:28.1

### Houston, no team scoring

11. Steve Magness, 30:04.3  
30. Daniel Martinez, 31:20.2  
46. Ahmed Harb, 31:51.6

## SOUTHEAST REGIONAL

### 27. East Carolina (724 pts)

113. Andrew Nastasiak, 32:53.50  
119. Matthew Dennish, 33:01.20  
153. Jarrett Newby, 34:04.50  
184. Michael Scott, 35:44.55  
196. Harvinder Singh, 37:18.95  
197. Marcus Hardy, 37:56.85

### Women

## MOUNTAIN REGIONAL

### 15. UTEP (380 pts)

50. Jephchirchir Kigen, 22:28.8  
74. Brissia Montalvo, 22:59.2  
84. Crystal Garcia, 23:13.7  
89. Delia Cesar, 23:18.9  
90. Laura Clarke, 23:19.2  
103. Perla Retana, 23:56.7

## MIDWEST REGIONAL

### 6. Tulsa (182 pts)

3. Alex Becker, 20:06  
35. Marissa Saunders, 21:25  
38. Lana Kelley, 21:27  
50. Ashlea Gilfillan, 21:38  
60. Laura Englehutt, 21:46  
85. Tayler Rigby, 22:11  
94. Ashley Aitken, 22:20

## SOUTH REGIONAL

### 5. UAB (184 pts)

9. Elizabeth Ambrus, 20:58.79  
41. Whitney Mays, 22:24.08  
42. Elizabeth Hilligoss, 22:24.63  
45. Stephanie Gammon, 22:27.78  
56. Kristina Olsen, 22:49.30  
94. Lacey Wright, 24:04.90

## 15. UCF (347 pts)

54. Jamie Rzepecki, 22:43.55  
64. Karen Kozub, 23:14.22  
74. Elizabeth Miller, 23:28.99  
93. Shannon Kelly, 24:04.19  
114. Erica Weitz, 24:41.52  
123. Shantile Blackburn, 25:12.49

## SOUTH CENTRAL REGIONAL

### 1. Rice (54 pts)

6. Allison Pye, 20:55.1  
9. Nicole Mericle, 21:09.4  
10. Becky Wade, 21:10.7  
13. Callie Wells, 21:21.9  
16. Lennie Waite, 21:27.3  
17. Marissa Daniels, 21:30.5  
37. Britany Williams, 22:15.4

### 7. SMU (169 pts)

1. Silje Fjortoft, 20:34.2  
19. Sierra Anderson, 21:37.5  
32. Jessa Simmons, 22:06.5  
40. Ilyssa Pettigrew, 22:22.6  
93. Kelsey Howard, 24:17.8  
103. Krystal Rodriguez, 24:37.2

### 9. Tulane (239 pts)

30. Aubrey Phillips, 22:04.2  
34. Laurie Darlymple, 22:12.3 33  
35. Kariann Langley, 22:13.0 34  
82. Cecelia Clarke, 23:41.0 70  
84. Rachel Bryan, 23:44.1 72  
87. Jill Shriver, 23:56.4 74  
88. Rebecca Coady, 24:03.5 75

### Houston, no team scoring

57. Jessica Cook, 22:53.1  
72. Adriane Guinn, 23:21.4  
86. Erica Hannemann, 23:52.5  
105. Kelcee Keenan, 24:39.7

## SOUTHEAST REGIONAL

### 23. East Carolina (635 pts)

66. Nicole Briggs, 21:59.45  
89. Brittany Copeland, 22:17.10  
159. Hollie Brooks, 23:32.55  
173. Hayley Flynn, 23:51.25  
175. Tayleigh Davis, 23:52.15  
211. Lisa DeLorenzo, 24:50.20  
221. Bilal-Mack Aisha, 26:08.75

## INDIVIDUAL REGIONAL HONORS

## SOUTH CENTRAL REGION

### FEMALE ATHLETE OF THE YEAR

Silje Fjortoft, Fr., SMU (1st/20:34.2)

### FEMALE COACH OF THE YEAR

Jim Bevan, Rice

NOTE: Bold italics denotes All-Region Honorees

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## 2007 C-USA Cross Country Men's All-Academic Team

Name	School	Cl.	GPA	Major	Hometown
Ahmad Harb	Houston	So.	3.80	Mechanical Engineering	Nassau Bay, Texas
Stephen Magness	Houston	Sr.	3.88	Psychology	Houston, Texas
Jay Matlack	Tulsa	Sr.	3.66	Marketing	Shawnee, Kan.
*Brett Olson	Rice	Jr.	3.94	Mechanical & Civil Engineering	Flower Mound, Texas
*Stephen Samoei	UTEP	Sr.	3.34	Nursing	Eldoret, Kenya

## 2007 C-USA Cross Country Women's All-Academic Team

Name	School	Cl.	GPA	Major	Hometown
Alex Becker	Tulsa	Jr.	3.75	Elementary Education	Guelph, Ontario
Marissa Daniels	Rice	Sr.	3.83	Kinesiology/Sport Medicine	Pearland, Texas
*Hayley Flynn	East Carolina	Jr.	4.00	Special and Elementary Education	Kings Mountain, N.C.
Elizabeth Hilligoss	UAB	Sr.	3.60	Political Science	Houston, Texas
*Emily Malinowski	Memphis	Jr.	3.86	Biology	Slingerlands, N.Y.

\*Repeat Selection

## NEWCOMERS OF THE YEAR

**Silje Fjortoft** of SMU and Tulsa's **John Beattie** were named Conference USA Female and Male Cross Country Newcomers of the Year, respectively, as voted upon by C-USA head cross country coaches.

Fjortoft, a freshman, was named the NCAA South Central Region Athlete of the Year and C-USA Freshman of the Year after strong performances at both meets. She clocked a winning 6K time of 20:35 at regionals, 11 seconds ahead of the field. The two-time C-USA Athlete of the Week selection took runner-up honors at the C-USA Championships with a 5K time of 17:46.0. Fjortoft capped off her rookie campaign with a 49th overall finish and was the third freshman to cross the finish line at the 2007 NCAA Championships, docking a time of 21:11.00 on the 6K course.

For the second consecutive season, SMU and C-USA has had a student-athlete to win the NCAA South Central Regional title and earn athlete of the year honors from that region. In 2006, SMU's Rachael Forish was the champion, followed by Fjortoft in 2007. Forish, 2006 C-USA Female Athlete of the Year, went on to earn All-America honors at nationals.

Beattie transferred to Tulsa from the University of Southampton in Southampton, England. In his first season as a Golden Hurricane, the junior was TU's top-finisher in the three major meets - NCAA Championship, NCAA Midwest Regional and C-USA Championship. At nationals, he placed 127th with a 10K time of 31:22, after clocking a sixth-place time of 30:11 at the NCAA Midwest Regional. Beattie earned All-C-USA second team honors after crossing the finish line sixth with a time of 25:20. As a team, Tulsa finished 29th at nationals, fourth at regionals and second at the conference meet.

## NCAA REGIONAL HONORS

**Jim Bevan** of Rice and **Silje Fjortoft** of SMU were among a select group of coaches and athletes that were honored as regional award winners for the Division I women's cross country season by the U.S. Track & Field and Cross Country Coaches Association.

Under Bevan's guidance, Rice upset Arkansas at the South Central Regional, 54-70. The regional title was Rice's first. The Owls also won the Conference USA title with a meet-record 26 points, earning Bevan C-USA Cross Country Coach of the Year

accolades. He also received conference coach of the year honors for both indoor and outdoor track & field last spring.

In September, he was selected as the Conference USA Student-Athlete Advisory Committee (SAAC) Coaches Choice Award winner for 2006-07. The SAAC Coaches Choice Award recognizes a coach that is committed to fostering student-athlete development and welfare through a positive athletic and academic atmosphere.

Fjortoft, 2007 NCAA South Central Region Female Athlete of the Year, got faster as the season progressed. After placing fifth at the Notre Dame Invitational, she was fourth at the Chile Pepper Invitational and second in the Conference USA Championships. She then won the South Central Regional title by 11 seconds, clocking 20:35 for 6,000 meters.

Fjortoft was named the C-USA Freshman of the Year and was a two-time C-USA Athlete of the Week.

The Orsta, Norway, native is the second SMU student-athlete to win the award in as many years, as Rachael Forish won honored a year ago.

## NCAA CHAMPIONSHIPS

Conference USA had two cross country runners to earn All-America honors at the 2007 NCAA Cross Country Championships at the LaVern Gibson Championship Course Monday in Terre Haute, Ind.

UTEP's **Stephen Samoei**, the lone senior on the team, wrapped up his career with the 23rd best time of 30:20.4. The three-time All-American led the Miners to a 10th-place team finish at nationals.

Tulsa's **Alex Becker** paced the C-USA women with a 15th-place finish out of 253 runners. She finished the 6K race in a time of 20:35, becoming the program's first cross country All-American. Becker, a junior from Guelph, Ontario, Canada, is only the second Tulsa woman to qualify for the NCAA Championships twice. It has been a year of firsts for Tulsa's women's cross country team: first All-American and first conference champion, along with the best finish in school history at regionals.

SMU freshman **Silje Fjortoft** finished 49th in the women's race with a docking of 21:11.00. Among freshmen, Fjortoft was third overall, trailing only Alexandra Kosinski of Oregon and Ilsa Paulson of

Northern Arizona.

UAB senior **Elizabeth Ambrus** finished 106th overall with a time of 21:35.0. Ambrus, an all-region and all-conference honoree in 2007, competed in her second national meet.

Texas Tech's **Sally Kipyego** won the individual title with a finishing time of 19:30.9. Stanford won the women's team championship.

The Rice women concluded it's most successful season in history by finishing 16th (413 points) out of 31 teams.

Freshman **Becky Wade** paced the Owls by completing the course in a time of 21:23, placing 53rd. Senior **Marissa Daniels** was next for Rice, finishing in 21:27 for 62nd, while freshman **Allison Pye** was 71st in 21:33. Sophomores **Nicole Mericle** and **Britany Williams** closed out the scoring for Rice. Mericle was 91st in 21:44 and Williams was 136th in 22:08.

In addition to the best national team finish in program history (the Owls were 15th of 16 in 1987, 19th of 22 in 1993 and 25th of 31 in 2005), Rice's remarkable season was highlighted by winning both the NCAA South Central Regional and the Conference USA championships. The Owls also won the Notre Dame Invitational in late September to launch themselves to No. 7 in the national poll.

After starting out ahead of the pack, the then-fourth-ranked UTEP men finished 10th at nationals. Individually, **Stephen Samoei** finished 23rd with a time of 30:20.4. **Patrick Mutai** came in behind Samoei in 48th place with a time of 30:41.4. **Nicodemus Ng'etich** came in 57th place and **Japheth Ngo'joy** in 63rd place.

Samoei, the lone senior on the team, will finish his career as a three-time All-American (top 25 runners earn All-America accolades).

Tulsa's men finished in 29th place in its first appearance at the NCAA Cross Country Championships. Tulsa's top-finisher was junior **John Beattie**, who finished in 127th place in a time of 31:22. Beattie was followed closely by senior **Joel Stansloski**, who finished in 129th (31:22). Other finishers for the men were: sophomore **Lewis Timmins** in 145th (31:27), sophomore **Kyle Dekker** in 188th (31:51), sophomore **Eric Harris** in 189th (31:54), senior **Jay Matlack** in 229th (32:48), and senior **Brett Turowski** in 235th (33:00). The team was without its top-runner **Edwin Henshaw**, who missed the race because of a broken foot suffered at the NCAA Midwest Regional.

Oregon won the men's national title. The Duck's **Galen Rupp** ran the last 100 meter stretch neck and neck with Liberty's **Josh McDougal** 20 seconds ahead of all other runners. McDougal broke out front with 10 meters to the line, crossing with a time of 29:22.4 for the individual title.

# EUSA CROSS COUNTRY

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## United States Track & Field/Cross Country Coaches Association Polls FINAL (11-19-07)

### Men

Team	Points
1. Oregon	85
2. Iona	113
3. Oklahoma State	180
4. Northern Arizona	190
5. Wisconsin	239
6. Alabama	280
7. Colorado	287
8. Minnesota	322
9. Louisville	324
10. UTEP	331
11. Cal Poly	367
12. Virginia	374
13. Georgetown	398
14. Portland	424
15. William & Mary	432
16. California	434
17. Texas	437
18. North Carolina State	439
19. Stanford	451
20. Florida State	454
21. Notre Dame	467
22. BYU	469
23. Arkansas	470
24. Michigan	490
25. Villanova	526
26. Arizona State	601
27. Providence	604
28. Indiana	618
29. Tulsa	627
30. Ohio State	636
30. Iowa State	636

### Women

Team	Points
1. Stanford	145
2. Oregon	177
3. Florida State	236
4. Arizona State	251
5. Michigan State	321
6. Illinois	331
7. Northern Arizona	357
8. Washington	358
9. West Virginia	375
10. Iowa	387
11. Florida	391
12. Minnesota	393
13. Arkansas	406
14. Princeton	409
15. Colorado State	410
16. Rice	413
17. Baylor	427
18. Texas Tech	433
19. UC Santa Barbara	449
20. Wisconsin	458
21. Michigan	462
22. Georgia	465
23. Colorado	479
24. Duke	484
25. BYU	485
26. Providence	491
27. North Carolina	493
28. Georgetown	520
29. North Carolina State	535
30. Boston College	580

## United States Track & Field/Cross Country Coaches Association FINAL REGION POLLS (11-05-07)

### WOMEN'S MOUNTAIN

1. Colorado State
2. Colorado
3. BYU
4. Northern Arizona
5. Texas Tech
6. Weber State
7. Nevada-Reno
8. New Mexico
9. Montana
10. Utah State
11. Southern Utah
12. Wyoming
13. Utah
14. Montana State
15. UTEP

### MIDWEST

1. Minnesota
2. Illinois
3. Iowa
4. Nebraska
5. Wichita State
6. Tulsa
7. Oklahoma State
8. Missouri State
9. Oklahoma
10. Iowa State
11. Missouri
12. Northwestern
13. Northern Iowa
14. Illinois State
15. Kansas

### SOUTH CENTRAL

1. Arkansas
2. Rice
3. Baylor
4. Texas A&M
5. Texas
6. TX A&M-Corpus Christi
7. Lamar
8. SMU
9. UALR
10. Stephen F. Austin
11. Texas State
12. Texas-Arlington
13. LSU
14. UTPA
15. Central Arkansas

### SOUTH

1. Florida State
2. Tennessee
3. Georgia
4. Florida
5. UAB
6. Auburn
7. Georgia Tech
8. UT Chattanooga
9. Belmont
10. Mississippi State
11. Vanderbilt
12. Georgia State
13. Alabama
14. Samford
15. Central Florida

### MEN'S MOUNTAIN

1. Northern Arizona
2. UTEP
3. Colorado
4. BYU
5. New Mexico
6. Air Force
7. Utah State
8. Weber State
9. Colorado State
10. Montana State
11. Wyoming
12. Idaho State
13. Texas Tech
14. Southern Utah
15. Montana

### MIDWEST

1. Oklahoma State
2. Minnesota
3. Tulsa
4. Iowa State
5. Illinois
6. Southern Illinois
7. Missouri
8. Kansas
9. Illinois State
10. Oklahoma
11. Iowa
12. Nebraska
13. Creighton
14. Loyola (Ill.)
15. Drake

### SOUTH CENTRAL

1. Arkansas
2. Texas
3. Texas A&M
4. Lamar
5. TX A&M-Corpus Christi
6. LSU
7. Rice
8. Texas-Arlington
9. Baylor
10. UALR
11. Stephen F. Austin
12. North Texas
13. McNeese State
14. Texas-Pan American
15. Houston

### SOUTH

1. Alabama
2. Florida
3. Florida State
4. Tennessee
5. Mississippi State
6. Auburn
7. Belmont
8. Georgia
9. East Tennessee State
10. Jacksonville State
11. UT Chattanooga
12. Georgia Tech
13. Vanderbilt
14. Samford
15. Central Florida

# C-USA CROSS COUNTRY

Contact: Debbie Davis :: ddavis@c-usa.org :: 214-774-1353 (o) :: 214-496-0055 (f)



## C-USA Championships (Santa Teresa, N.M.) Oct. 27

East Carolina men's and women's cross country teams placed seventh and eighth, respectively, at the 2007 Conference USA Championships. The men were led by **Andrew Nastasiak's** 27:43.7 performance that placed him 29th overall in the 8K race. **Brittany Copeland** clocked a 5K time of 18:59.6, while teammate **Nicole Briggs** finished with a time of 19:04.2 for 17th and 18th place showing.

- WOMEN - 5K**  
 17. Brittany Copeland, 18:59.6  
 18. Nicole Briggs, 19:04.2  
 60. Hayley Flynn, 21:05.9  
 65. Tayleigh Davis, 21:16.5  
 68. Hollie Brooks, 21:24.9  
 70. Aisha Bilal-Mack, 21:31.5

- MEN - 8K**  
 29. Andrew Nastasiak, 27:43.7  
 34. Jarrett Newby, 28:03.1  
 47. Michael Scott, 29:51.8  
 51. Matt Dennish, 30:07.3  
 54. Nick Boerio, 31:35.5



## C-USA Championships (Santa Teresa, N.M.) Oct. 27

Memphis men's and women's cross country teams placed eighth and ninth, respectively, at the Conference USA Championships. The men were led by **Jorgen Ekdahl**, who placed 35th with a time of 28:13.5. Behind him in 40th place was **Jacob Chapman**, running a time of 28:42.1. On the women's side, **Tina Sherratt** crossed the line first for the Tigers in a time of 19:51.1, good enough for 35th. **Anneli Uys** came in second for the team in a time of 20:03.2 (40th). **Emily Malinowski** was the third Tiger to cross the line in 20:36.4 (48th). **Lyndsey Ratasiewicz** and **Jessie Wilks** finished in times of 22:03.0 (76th) and 24:16.5 (88th), respectively.

- WOMEN - 5K**  
 35. Tina Sherratt, 19:51.1  
 40. Anneli Uys, 20:03.2  
 48. Emily Malinowski, 20:36.4  
 76. Lyndsey Ratasiewicz, 22:03.0  
 88. Jessie Wilks 24:16.5

- MEN - 8K**  
 35. Jorgen Ekdahl, 28:13.5  
 40. Jacob Chapman, 28:42.1  
 46. Wesley Garrett, 29:39/0  
 48. Joe Coneo, 29:57.1  
 50. Sam James, 30:04.0



## C-USA Championships (Santa Teresa, N.M.) Oct. 27

Houston men placed fifth and the women came in at 11th at the Conference USA Championships. The men were led by senior **Stephen Magness** with a ninth place 25:49.8 finish, while **Jessica Cook** headed the women's team with a 19:52.7 for a 37th-place finish. Led by Magness the men placed behind No. 3 UTEP, No. 17 Tulsa, Rice and Marshall. **Ahmed Harb** came in with a 26:47.3 time to place him just out of the top-15 at 16th. For the women, the team was forced to run without a key factor in the top-end runners. **Oumama Hallal** was not able to compete, bumping the top-end responsibilities to Cook, **Adrienne Guinn** and **Erica Hannemann**.

- WOMEN - 5K**  
 37. Jessica Cook, 19:52.7  
 54. Adriane Guinn, 20:52.7  
 56. Erica Hannemann, 20:56.4  
 72. Kekce Keenan, 21:44.0  
 83. Jasmine Trier, 22:29.5  
 87. Lindsey Marshall, 24:04.4

- MEN - 8K**  
 9. Stephen Magness, 25:49.8  
 16. Ahmed Harb, 26:47.3  
 32. Daniel Martinez, 27:50.8  
 36. Andrew Stover, 28:21.2  
 42. Antony Keller, 28:56.1  
 49. Nathan Trimble, 30:03.3  
 52. Adriane Slusher, 30:35.5  
 55. Mahmoud Harb, 31:36.2



## C-USA Championships (Santa Teresa, N.M.) Oct. 27

With a dominant team performance, the No. 16 Rice women finished 3-4-5-6-8 to win the Owls' second Conference USA cross country crown in three years and break the league scoring record with 26 points. Senior **Marissa Daniels** led the pack, finishing third overall and completing the 5K course in 17:50.3. **Allison Pye** beat classmate **Becky Wade** as Pye finished fourth overall in 18:07.0. Wade took fifth-place in 18:20.1. All three Owls earned first team all-conference honors. Rice men placed four runners among the top 25 as the Owls took third place for the second-straight year. Junior **Brett Olson** edged sophomore teammate **Brad Morris** to finish first for the Owls and 17th overall.

- WOMEN - 5K**  
 3. Marissa Daniels, 17:50.3  
 4. Allison Pye, 18:07.0  
 5. Becky Wade, 18:20.1  
 6. Callie Wells, 18:22.2  
 8. Nicole Mericle, 18:26.5

- MEN - 8K**  
 17. Brett Olson, 26:48.6  
 18. Brad Morris, 26:56.1  
 21. Justin Maxwell, 27:15.5  
 23. Scott Zivick, 27:29.6  
 39. Colby Keithan, 28:35.8

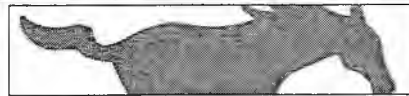


## C-USA Championships (Santa Teresa, N.M.) Oct. 27

Senior **Travis Epling** continued to be Marshall's best as he finished in 13th place at the C-USA Championships Saturday. Epling finished with a time of 26:34.1 and has been the top finisher for the Thundering Herd in four of five meets this season. **Eric Frohnapfel** was named C-USA Male Freshman of the Year after completing the 6K race in a time of 27:39.6 for 28th place. The men placed fourth, tying the program's best finish this season. Freshman **Darby Mullen** continued her season as one of the team's best runner coming in 52nd place with a time of 20:45.4. The women's team finished in 10th.

- WOMEN - 5K**  
 52. Darby Mullen, 20:45.4  
 53. Emily Bailey, 20:51.6  
 58. Ellen Kist, 21:02.3  
 63. Hannah Henderson, 21:11.8  
 69. Sarah Sturgill, 21:26.1  
 77. Emily Corley, 22:06.2

- MEN - 8K**  
 13. Travis Epling, 26:34.1  
 26. Jon Nelson, 27:35.6  
 27. Matt Null, 27:37.6  
 28. Eric Frohnapfel, 27:39.6  
 30. Straten Schemel, 27:44.2  
 31. Andrew Ramell, 27:48.1



## C-USA Championships (Santa Teresa, N.M.) Oct. 27

Freshman **Silje Fjortoft** took runner-up honors at the 2007 C-USA Cross Country Championships on Saturday. Fjortoft finished the 5K course in 17:46. For her efforts, Fjortoft was named the C-USA Female Freshman of the Year. As a team, SMU was third with 53 points behind champion Rice (22) and runner-up Tulsa (34). Individually, SMU's **Jessa Simmons** just missed a Top-10 finish, coming in 11th in 18:52, for All-C-USA third team honors. **Sierra Anderson** finished in the Top 20, crossing 16th in 18:57. **Krystal Rodriguez** was 38th in 19:57, while **Ilyssa Pettigrew** was 41st in 20:05. **Kelsey Howard** rounded out the SMU team, taking 57th in 21:01.

- WOMEN - 5K**  
 2. Silje Fjortoft, 17:546  
 11. Jessa Simmons, 18:52  
 16. Sierra Anderson, 18:57  
 38. Krystal Rodriguez, 19:57  
 41. Ilyssa Pettigrew, 20:05  
 57. Kelsey Howard, 21:01

# USA CROSS COUNTRY

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## C-USA Championships (Santa Teresa, N.M.) Oct. 27

### WOMEN - 5K

Freshman **Zuna Portillo** was the top finisher for Southern Miss as the Golden Eagles finished 12th at this year's C-USA Championship. Portillo recorded a time of 20:14.1 to place 43rd, while **Kelley Rooney** finished 55th with a time of 21:04.0. Rounding out the Golden Eagle scoring was **Ronna Sandoval** (61st) with a time of 21:20.9, **Jemarie Alcorido** (69th) with a time of 22:01.2, **Parris Hodges** (74th) with a time of 22:19.9, **Gerrelaine Alcorido** (77th) with a time of 23:07.8 and **Stephanie Jones-DuBose** (80) with a time of 27:17.2.

- 43. Zuna Portillo, 20:14.1
- 55. Kelley Rooney, 21:04.0
- 61. Ronna Sandoval, 21:20.9
- 69. Jemarie Alcorido, 22:01.2
- 74. Parris Hodges, 22:19.9
- 77. Gerrelaine Alcorido, 23:07.8
- 80. Stephanie Jones-DuBose, 27:17.2



## C-USA Championships (Santa Teresa, N.M.) Oct. 27

### WOMEN - 5K

UAB ran to a fourth-place finish at the Conference USA Championship and senior **Elizabeth Ambrus** earned all-league honors. Ambrus paced the Blazers with a seventh-place finish, after missing four weeks due to an illness, and earned second team All-C-USA accolades for the third time in her career. Ambrus finished the 5K meet with a time of 18:23.5. Senior **Whitney Mays** who finished 20th in a time of 19:08.4. Freshman **Stephanie Gammon** and sophomore **Kristina Olsen** finished in 24th and 25th place with times of 19:22.0 and 19:25.2, respectively. Senior **Elizabeth Hilligoss** placed 45th with a time of 20:13.1 and missed her chance at becoming the second C-USA athlete to win conference honors four consecutive years.

- 7. Elizabeth Ambrus, 18:23.5
- 20. Whitney Mays, 19:08.4
- 24. Stephanie Gammon, 19:22.0
- 25. Kristina Olsen, 19:25.2
- 45. Elizabeth Hilligoss, 20:13.1
- 50. Lacey Wright, 20:41.5



## C-USA Championships (Santa Teresa, N.M.) Oct. 27

### WOMEN - 5K

Tulane freshman **Laurie Dalrymple** made the All-Conference USA third team by placing 15th overall as she paced her team to a sixth-place finish at the 2007 C-USA Championships. The Green Wave scored a total of 152 points and averaged a time of 19:43.28 among scorers for the meet, but the highlight for the team was Dalrymple's all-conference performance. Dalrymple led her team with a time of 18:57.1, while senior **Keriann Langley** placed 23rd with a time of 19:17.3 and senior **Aubrey Phillips** placed 30th with a time of 19:40.7.

- 15. Dalrymple, 18:57.1
- 23. Keriann Langley, 19:17.3
- 30. Aubrey Phillips, 19:40.7
- 43. Jill Shriver, 20:06.6
- 47. Rachel Bryan, 20:34.7
- 62. Cecelia Clarke, 21:09.4
- 80. Savannah Moon, 22:14.5



## C-USA Championships (Santa Teresa, N.M.) Oct. 27

### WOMEN - 5K

UCF men's placed sixth and the women seventh at the 2007 Conference USA Championships. Led by sophomore transfer **Richie Bonilla**, three of the UCF men finished within seconds of one another in the top 25. Bonilla went 27:21.80 for 22nd, followed by senior **Paul Fitzpatrick** in 24th at 27:33.0 and junior **Daniel Conn** in 25th at 27:33.4. In the women's 5K race, junior **Jamie Rzepecki** paced the Knights, clocking a time of 19:33.0 for 27th, Senior **Elizabeth Miller** followed closely behind in 28th place at 19:34.80. Running No. 3 for UCF was senior co-captain **Karen Kozub** as she earned 33rd place in a time of 19:48.10.

- 27. Jamie Rzepecki, 19:33.0
- 28. Elizabeth Miller, 19:34.80
- 33. Karen Kozub, 19:48.10
- 55. Jenny Clausen, 20:53.20
- 61. Kelly McNeill, 21:07.80

### MEN - 8K

- 22. Richie Bonilla, 27:21.80
- 24. Paul Fitzpatrick, 27:33.0
- 25. Daniel Conn, 27:33.4
- 33. Paul Nielsen, 27:53.5
- 37. Matt Clements, 28:26.10



## C-USA Championships

### WOMEN - 5K

Tulsa's cross country teams placed second at the 2007 C-USA Championships. The men's team finished behind UTEP with a team total of 42 points, while the women's team finished second behind Rice with a team total of 54 points. The women's team was led by the 2007 C-USA Champion **Alex Becker**, who finished in a time of 17:34.6 in the 5K race. By finishing in the Top-5, Becker was also named first team All-C-USA. Junior **John Beattie**, who ran the 8K in 25:20.1 to finish in sixth place, led the men. He was followed closely by fellow junior **Edwin Henshaw** (25:38.5) in seventh and sophomore **Lewis Timmins** (25:43.0) in eighth place. All three runners earned All-C-USA second team accolades.

- 1. Alex Becker, 17:34.6
- 9. Lana Kelley, 18:41.4
- 12. Ashlea Giffilan, 18:55.2
- 13. Laura Englehutt, 18:56.5
- 19. Marissa Saunders, 19:06.4
- 29. Tayler Rigsby, 19:36.4
- 34. Dannielle McKenzie, 19:48.5
- 36. Ashley Aitken, 19:51.8
- 39. Dawn Nagazina, 19:58.0

### MEN - 8K

- 6. John Beattie, 25:20.1
- 7. Edwin Henshaw, 25:38.5
- 8. Lewis Timmins, 25:43.0
- 10. Joel Stansloski, 25:07.9
- 11. Eric Harris, 26:10.6
- 12. Brett Turwowski, 26:28.4
- 14. Jay Matlack, 26:41.5
- 15. Kyle Dekker, 26:46.6
- 20. Jordan Hughes, 27:11.1



## C-USA Championships (Santa Teresa, N.M.) Oct. 27

### WOMEN - 5K

For the third consecutive year, the UTEP men broke their own previous year's record at the C-USA championship meet. The Miners scored a perfect 15 points, besting last year's record of 21 points, as they finished 1-2-3-4-5. **Stephen Samoei** took the men's individual title, finishing with a top time of 24:40.01. He was followed by **Patrick Mutai** (25:02.3), **Nicodemus Ng'etich** (25:05.7), **Japheth Ng'ojoy** (25:07.3) and **Dominic Tanui** (25:14.3). UTEP women placed fifth with 124 points. **Kelly Young** was the top Miner finisher, placing 14th with a time of 18:56.9, for third-team All-C-USA honors.

- 14. Kelly Young, 18:56.9
- 21. Brissia Montalvo, 19:09.2
- 26. Jephchirchir Kigen, 19:31.1
- 31. Laura Clarke, 19:43.6
- 32. Crystal Garcia, 19:47.6
- 44. Perla Retana, 20:12.3

### MEN - 8K

- 1. Stephen Samoei, 24:40.01
- 2. Patrick Mutai, 25:02.3
- 3. Nicodemus Ng'etich, 25:05.7
- 4. Japheth Ng'ojoy, 25:07.3
- 5. Dominic Tanui, 25:14.3
- 19. Aggrey Chirchir, 27:07.5

# C-USA CROSS COUNTRY

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## 2007 C-USA CROSS COUNTRY SCHEDULES

### EAST CAROLINA

#### Men & Women Schedules

Date	Event	Location
09/07/07	Seahawk Invitational	Wilmington, N.C.
09/14/07	NC State Raleigh Invitational	Cary, N.C.
09/29/07	ECU Pirate Invitational	Greenville, N.C.
10/13/07	Furman Invitational	Greenville, S.C.
10/27/07	Conference-USA Championships	Santa Teresa, N.M.
11/10/07	NCAA Regional	Louisville, Ky.

### HOUSTON

#### Men & Women Schedules

Date	Event	Location
08/31/07	Baylor Twilight Opener	Waco, Texas
09/07/07	Cougar Classic	Houston, Texas
09/14/07	Lori Fitzgerald Invitational (UTEP)	El Paso, Texas
09/22/07	Texas A&M Invitational	College Station, Texas
09/28/07	TAMCC Islander Classic	Corpus Christi, Texas
10/13/07	Chili Pepper Festival	Fayetteville, Ark.
10/27/07	C-USA Championships	Santa Teresa, N.M.
11/10/07	NCAA South Central Regional	Fayetteville, Ark.

### MARSHALL

#### Men & Women Schedules

Date	Event	Location
08/31/07	EKU Open	Richmond, Ky.
09/15/07	Mel Brodt Invitational	Bowling Green, Ohio
09/29/07	Loyola Lakeformt Classic	Chicago, Ill.
10/13/07	Furman Invitational	Greenville, S.C.
10/27/07	Conference USA Championships	Santa Teresa, N.M.
11/10/07	NCAA Regional Championships	Bethlehem, Penn.

### MEMPHIS

#### Men & Women Schedules

Date	Event	Location
09/15/07	Old Timers Classic	Bowling Green, Ky.
09/22/07	UALR Open	Little Rock, Ark.
09/29/07	Rhodes College Invitational	Memphis, Tenn.
10/05/07	Brooks Memphis Twilight Classic	Memphis, Tenn.
10/13/07	University of Evansville Invitational	Evansville, Ind.
10/27/07	C-USA Championships	Santa Teresa, N.M.
11/10/07	NCAA South Regional	Gainesville, Fla.

### RICE

#### Men & Women Schedules

Date	Event	Location
08/31/07	Rice Alumnae Challenge (w)	Houston, Texas
09/15/07	33rd Annual Rice Invitational	Houston, Texas
09/22/07	Texas A&M Invitational (w)	College Station, Texas
09/28/07	Notre Dame Invitational	South Bend, Ind.
10/12/07	HBU Invitational (w)	Houston, Texas
10/13/07	Chili Pepper Meet (m)	Fayetteville, Ark.
	Pre-Nationals (w)	Terre Haute, Ind.
10/27/07	Conference USA Championships	Santa Teresa, N.M.
11/10/07	NCAA South Central Regional	Fayetteville, Ark.

### SMU

#### Women Schedule

Date	Event	Location
08/31/07	Baylor Bear Invitational	Waco, Texas
09/08/07	Movin' Mavs Invitational	Arlington, Texas
09/28/07	Notre Dame Invitational	South Bend, Ind.
10/13/07	Chile Pepper Invitational	Fayetteville, Ark.
10/27/07	Conference USA Championships	Santa Teresa, N.M.
11/10/07	NCAA South Central Regional	Fayetteville, Ark.

### SOUTHERN MISS

#### Women Schedule

Date	Event	Location
08/31/07	Green Wave Invitational	New Orleans, La.
09/07/07	27th Annual Southern Miss Invite	Hattiesburg, Miss.
09/29/07	Auburn Invitational	Auburn, Ala.
10/13/07	Great American XC Festival	Hoover, Ala.
10/20/07	O-Invitational	Troy, Ala.
10/27/07	Conference USA Championship	Santa Teresa, N.M.
11/10/07	NCAA South Regional	Gainesville, Fla.

### TULANE

#### Women Schedule

Date	Event	Location
08/31/07	Green Wave Invitational	New Orleans, La.
09/07/07	27th Annual Southern Miss Invite	Hattiesburg, Miss.
09/22/07	LSU Invitational	Baton Rouge, La.
09/29/07	Auburn Invitational	Auburn, Ala.
10/13/07	Chili Pepper Festival	Fayetteville Ark.
10/20/07	O-Invitational	Troy, Ala.
10/27/07	Conference USA Championships	Santa Teresa, N.M.
11/10/07	NCAA South Central Regional	Waco, Texas

### TULSA

#### Men & Women Schedules

Date	Event	Location
09/01/07	Hurricane Festival	Tulsa, Okla.
09/15/07	Southern Stampede	Joplin, Mo.
09/29/07	Cowboy Jamboree	Stillwater, Okla
10/13/07	NCAA Pre-Nationals	Terre Haute, Ind.
10/27/07	C-USA Championships	Santa Teresa, N.M.
11/10/07	NCAA Mid-West Regional	Peoria, Ill.

### UAB

#### Women Schedule

Date	Event	Location
08/31/07	Belmont Opener	Nashville, Tenn.
09/15/07	Crimson Classic	Tuscaloosa, Ala.
09/28/07	Notre Dame Invitational	South Bend, Ind.
10/13/07	Tiger Twilight Invitational	Sewanee, Tenn.
10/27/07	Conference USA Championships	Santa Teresa, N.M.
11/10/07	NCAA South Regional	Gainesville, Fla.

### UCF

#### Men & Women Schedules

Date	Event	Location
09/07/07	Mountain Dew Invitational	Gainesville, Fla.
09/15/07	Vanderbilt Commodore Classic	Nashville, Tenn.
09/28/07	Paul Short Invitational	Bethlehem, Pa.
10/05/07	FIRunners.com Invitational	Titusville, Fla.
10/12/07	Stetson Invitational	DeLand, Fla.
10/27/07	Conference USA Championships	Santa Teresa, N.M.
11/10/07	NCAA South Regional	Gainesville, Fla.

### UTEP

#### Men & Women Schedules

Date	Opponent	Event Location
09/08/07	Lobo Invitational	Albuquerque, N.M.
09/14/07	Lori Fitzgerald Invitational	Santa Teresa, N.M.
09/29/07	Bill Dellinger Invitational	Eugene, Ore.
10/05/07	Arizona State Invitational	Tempe, Ariz.
10/13/07	Pre-Nationals	Terre Haute, Ind.
10/27/07	Conference USA Championship	Santa Teresa, N.M.
11/10/07	NCAA Mountain Regional	Ogden, Utah

# USA CROSS COUNTRY

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## 2007 C-USA CROSS COUNTRY ROSTERS

### East Carolina - Coach: Dan Lee

#### Women Rosters

Name	Ht.	Cl.	Hometown/Last School
Aisha Bilal-Mack	SR		East Orange, N.J./East Orange Campus
Nicole Briggs	SO		Barrington, N.J./Haddon Heights
Hollie Brooks	JR		Laurinburg, N.C./Scotland
Olivia Ceconi	FR		Cary, N.C./Middle Creek
Brittany Copeland	FR		Stafford, Va./Brooke Point
Taylor Davis	SR		Wilmington, N.C./John T. Hoggard
Lisa DeLorenzo	FR		Monroeville, Pa./Gateway Senior
Danielle Fetty	SO		Raleigh, N.C./Leesville Road
Hayley Flynn	SR		Kings Mountain, N.C./Kings Mountain
Clair Fraser	FR		Reidsville, N.C./Reidsville
Meghan Glassmacher	SR		Fairfax Station, Va./Bishop Ireton
Brandee Hayley	FR		Wolfeboro, N.H./Kingswood Regional
Erinn Latta	JR		Port Matilda, Pa./State College Area
Lichtner, Samantha	SO		Newark, Del./Padua Academy
MacAulay, Claire	FR		Renfrewshire, Scotland/Bellahouston Academy

#### Men Rosters

Name	Ht.	Cl.	Hometown/Last School
Michael Barnett	SO		Virginia Beach, Va./First Colonial
Nick Boerio	SO		Pittsburgh, Pa./Western Reserve Academy
Will Collins	JR		LaGrange, N.C./East Wayne
Matthew Dennish	JR		Red Lion, Pa./Red Lion Area
Marcus Hardy	FR		Raleigh, N.C./Sanderson
Drew Jenkins	JR		Statesville, N.C./West Iredell
Andrew Nastasiak	SO		Point Pleasant, N.J./Point Pleasant Boro
Jarrett Newby	SO		Endwell, N.Y./Maine Endwell
Michael Scott	SO		Goldsboro, N.C./C.B. Aycock
Shaffey Singh	FR		Clayton, N.C./Clayton
Stuart Smith	FR		Clayton, N.C./Clayton
Michael Wall	SO		Zebulon, N.C./East Wake

### Houston - Coach: Ryan Turner

#### Women Rosters

Name	Ht.	Yr.	Hometown/Last School
Jessica Cook	5-1	SO	Kingwood, Texas/Kingwood
Adriane Guinn	5-5	SR	Houston, Texas/Westfield
Oumama Hallal	5-5	SR	Winter Springs, Fla./Winter Springs
Erica Hannemann	5-5	SO	Dayton, Texas/Dayton
Kelcee Keenan	5-3	JR	Klein, Texas/Klein HS
Lindsey Marshall	5-10	FR	New Orleans, La./Incarinate Word
Jasmine Trier	5-6	FR	Giddings, Texas/Giddings

#### Men's Rosters

Name	Ht.	Yr.	Hometown/Last School
Ahmed Harb	5-8	So.	Nassau Bay, Texas/Clear Creek
Mahmoud Harb	5-9	Fr.	Nassau Bay, Texas/Clear Creek
Antony Keller	5-10	So.	Kingwood, Texas/Kingwood
Steven Magness	5-11	Sr.	Houston, Texas/Rice
Daniel Martinez	5-6	So.	Hayes, Texas/Hayes
Adrian Slusher	5-8	Jr.	Clear Creek, Texas/Clear Creek
Andrew Stover	5-7	Fr.	Houston, Texas/Cypress Creek
Nathan Trimble	5-9	So.	Klein, Texas/Klein

### Marshall - Coach: Jeff Small

#### Women Rosters

Name	Ht.	Yr.	Hometown/Last School
Audrey Ammon	FR		Huntington, W.Va.
Emily Bailey	JR		Kenova, W.Va./Spring Valley
Lauren Brooks	FR		Flat Top, W.Va./Pikeview
Rolanda Bruce	FR		East Orange, N.J./East Orange
Anna Chaney	SO		Huntington, W.Va./Huntington
Kathleen Clark	FR		Twinsburg, Ohio
Emily Corley	FR		Fairmont, W.Va.
Allison Cox	FR		Scott Depot, W.Va./Winfield
Lisa Day	FR		Scott Depot, W.Va.
Alesia Hairston	FR		Charleston, W.Va.
Hannah Henderson	FR		Canvas, W.Va.
Sara Ison	FR		Greenup, Ky.
Ellen Kist	FR		Parkersburg, W.Va.
Rebecca Minardi	SO		Dayton, Ohio/Carroll
Darby Mullen	FR		Pecks Mill, W.Va.
Lynden O'Brien	FR		Louisa, Ky.
Sarah Sturgill	SO		Hurricane, W.Va./Calvary Baptist
Alexandra Vaclavek	FR		Livonia, Michigan
Elisha Williams	FR		Charleston, W.Va.

### Men Rosters

Name	Ht.	Yr.	Hometown/Last School
Travis Epling	JR		Point Pleasant, W.Va./Point Pleasant
Josh Feather	FR		Terra Alta, W.Va.
Eric Frohnapef	FR		Morgantown, W.Va.
Henry Heisey	FR		Columbus, Ohio
Noah Kinney	SO		Morgantown, W.Va.
Chris McGee	FR		Foster, W.Va.
Jon Nelson	JR		Barboursville, W.Va./Cabell Midland
Matt Null	SO		Homewood, W.Va./Poca
Andrew Ramell	JR		Mechanicsburg, Pa./Cumberland Valley
Straten Schemel	SO		Burnt House, W.Va.
Adam Slone	FR		Chesapeake, Ohio
Corey Waybright	FR		Ripley, W.Va.

### Memphis - Coach: Mike Power

#### Women Roster

Name	Ht.	Yr.	Hometown/Last School
Emily Malinowski	JR		Slingerlands, N.Y./Bethlehem Central
Lynsedy Ratasiewicz	FR		Kennett Square, Pa./Unionville
Tina Sherratt	FR		Coffs Harbor, NSW, Australia/John Paul College
Anneli Uys	SO		Somerville, Victoria, Australia/Monash University
Jessie Wilks	FR		Bartlett, Tenn./Bartlett

#### Men Roster

Name	Ht.	Yr.	Hometown/Last School
Juan Arboleda	JR		Franklin, Tenn./Franklin
Jacob Chapman	JR		Olive Branch, Miss./Olive Branch
Joe Coneo	FR		Clarksville, Tenn./Northwest
Colin Doyle	FR		Memphis, Tenn./St. Benedict
Jorgen Ekdahl	JR		Sjovik, Sweden/Göteborg University
Wesley Garrett	FR		Memphis, Tenn./Cordova
Curtis Gibbs	FR		Franklin, Tenn./Battle Ground
Guy Hudson	FR		Methuen, Mass./Methuen
Sam James	SR		Memphis, Tenn./Whitehaven
Patrick Shappley	FR		Memphis, Tenn./Cordova

### Rice

#### Women Roster - Coach: Jim Bevan

Name	Ht.	Cl.	Hometown/Last School
Jessica Cox	5-6	SR	Thousand Oaks, Calif./Thousand Oaks HS
Marissa Daniels	5-8	SR	Pearland/Pearland HS
Lea Garcia	5-4	JR	St. Louis, Mo./Webster HS
Laura Hudson	5-3	JR	St. Louis, Mo./Visitation Academy
Frances Kellerman	5-8	FR	Baltimore, Md.
Laura Kelley	5-3	SR	Leawood, Kan./Blue Valley North HS
Nicole Mericle	5-4	SO	Houston/John Cooper
Allison Pye	5-5	FR	Houston, Texas/Cypress Creek HS
Rebecca Sagastegui	5-4	FR	Houston, Texas
Claire Shorall	5-3	SO	Pittsburgh, Pa./Quaker Valley HS
Becky Wade	5-1	FR	Dallas, Texas/Ursuline Academy
Lennie Waite	5-8	SR	Austin/St. Stephen's Episcopal
Vicki Walker	5-7	FR	College Station/A&M Consolidated
Callie Wells	5-6	SR	The Woodlands/Univ. of Texas
Britany Williams	5-6	SO	San Antonio/St. Mary's Hall

### Men Roster - Coach: Jon Warren

Name	Ht.	Cl.	Hometown/Last School
John Buck	SO		Katy/Cinco Ranch
Simon Bucknell	SO		Auckland, New Zealand/Waitakere College
Charles Hampton	JR		Scottsdale, Ariz./Univ. of Texas
Colby Keithan	SR		Sugar Land/Cinco Ranch HS
Justin Maxwell	JR		Houston/Westside HS
Brad Morris	SO		Peachtree City, Ga./Starr's Mill HS
Brett Olson	JR		Flower Mound/Flower Mound HS
Aaron Robson	JR		Edmonton, Alberta, Canada/Harry Ainlay Composite HS
Alex Solomon	SO		Little Falls, N.J./Montclair HS
Michael Trejo	FR		Dallas, Texas/Greenhill HS
Scott Zivick	SO		Humble/Humble
Andrew Zukoski	SO		Urbana, Ill./University Lab

# C-USA CROSS COUNTRY

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## SMU - Coach: Cathy Casey

### Women Roster

Name	Ht.	Yr.	Hometown/Last School
Sierra Anderson	5-4	SR	Summit, Colo./Western State
Silje Fjortoft	5-7	FR	Orsta, Norway/Volda
Rachael Forish	5-2	SR	Arlington, Texas/Lamar
Anne Gustafson	5-2	JR	Brea, Calif./Brea Olinda
Sarah Hardwick	5-4	SO	Loudonville, N.Y./Phillips Exeter Academy
Kelsey Howard	5-5	SO	Plano, Texas/Plano Senior
Petya Kertikova	5-6	FR	Ruse, Bulgaria/Major Atanas Uzunov
Samantha Means	5-1	FR	McKinney, Texas/McKinney North
Ilyssa Pettigrew	5-3	SR	Rockwall, Texas/Rockwall
Krystal Rodriguez	5-2	SR	Grand Prairie, Texas/South Grand Prairie
Jessa Simmons	5-5	JR	Portland, Texas/Gregory-Portland

## Southern Miss - Coach: Cassandra Goodson

### Women Roster

Name	Ht.	Yr.	Hometown (Last School)
Gerrelaine Alcardo	5-3	Jr.	San Diego, Calif./Hempstead
Jemarie Alcardo	5-3	Jr.	San Diego, Calif./Graceland University
LaSheika Dinkins	5-9	Jr.	Memphis, Tenn./Fairley HS
Cheris Fletcher	5-10	Jr.	Albany, Ga./Westover HS
Stephanie Jones-DuBose	5-3	SR	Nashville, Tenn./Hillsboro HS
Parris Hodges	5-4	Jr.	Hayward, Calif./Las Positas CC
Jami Mei	5-8	Fr.	Cleveland, Miss./Cleveland HS
Zuna Portillo	5-3	Jr.	Antioch, Calif./Pittsburg
Kelley Ronney	5-7	Jr.	Fair Oaks, Calif./American River College
Ronna Sandoval	5-8	Jr.	Picayune, Miss./Picayune HS
Kenika Weaver	5-1	Jr.	College Park, Ga./North Springs HS

## Tulane - Coach: Heather Van Norman

### Women Roster

Name	Ht.	Yr.	Hometown/Last School
Rachel Bryan	SR		Elk Grove, Calif./Laguna Creek
Cecelia Clark	JR		Dunmore, Pa./Dunmore
Rebecca Coady	FR		Annapolis Royal, Nova Scotia, Canada/Annapolis West
Lauren Darlymple	FR		Elmhurst, Ill./York Community
Katie Hamel	SO		Covington, La./Saint Scholastica Academy
Whitney Hampton	JR		Lake Forest, Calif./El Toro
Caitlin Hornbeck	FR		Pensacola, Fla./Booker T. Washington
Helen Kenworthy	SR		Southern Pines, N.C./Pinecrest
Peggy Keplinger	FR		Glen Ellyn, Ill./Glenbard South
Kerriann Langley	SR		New Orleans, La./Mount Carmel
Savannah Moon	SR		Orlando, Fla./St. Thomas Aquinas
Rebecca Noel	JR		Nashville, Tenn./University School
Aubrey Phillips	SR		Baton Rouge, La./Woodlawn
Jill Shriver	SR		Centralia, Wash./Centralia

## Tulsa - Coach: Steve Gulley

### Women Roster

Name	Yr.	Hometown/Previous School
Ashley Aitken	FR	Napier, New Zealand/Taradale
Alex Becker	JR	Guelph, Ontario, Canada/Lourdes
Kelli Denny	SR	Lee's Summit, Missouri/Lees Summit
Laura Englehutt	FR	Halifax, Nova Scotia, Canada/Prince Andrew
Ashlea Gillfillan	FR	Channon, Australia/St. Andrew's
Sarah Grasser	SO	St. Louis, Missouri/Corette
Lana Kelley	SO	Edmond, Oklahoma/Edmond
Petrina Lamb	JR	Guthrie, Oklahoma/Guthrie
Rachel Lee	FR	Liberty, Missouri/Liberty
Dannielle McKenzie	FR	Sunshine Coast, Australia/Immanuel
Julia Monda	SO	St. Louis, Missouri/Corette
April Montgomery	JR	Broken Arrow, Oklahoma/Broken Arrow
Dawn Nagazina	SO	Edmonton, Alberta, Canada/Bellrose
Taylor Rigby	SO	Tulsa, Oklahoma/Metro Christian
Maryke Rossouw	FR	Johannesburg, South Africa/Kempton Park
Marrisa Saunders	JR	Douglas, Wyoming/Douglas
Heather Stroeder	SO	Hanover, Ontario, Canada/Sacred Heart

## Men's Team

Name	Yr.	Hometown/Previous School
John Beattie	JR	Southampton, England/Southampton
Josh Butts	FR	Tulsa, Oklahoma/Rogers State
Mark Davidson	SO	Toronto, Ontario, Canada/Birchmount Park
Kyle Dekker	SO	Kitchener, Ontario, Canada/Grand River
Martin Green	FR	Houston, Texas/Cy Ridge
Eric Harris	SO	Conway, Arkansas/Conway
Edwin Henshaw	JR	Auckland, New Zealand/Northcote College
Jordan Hughes	SR	Bartlesville, Oklahoma/Bartlesville
Nolan Jenkins	SR	Holt, Michigan/Holt
Daniel LePage	FR	Helias, Missouri/Helias
Jay Madack	SR	Shawnee, Kansas/Mill Valley
Patrick McConnell	FR	London, Ontario, Canada/Oakridge SS

Joel Stansloski	SR	Wooster, Ohio/Wooster
Lewis Timmins	SO	Newcastle, England/Northumbria
Brett Turowski	SR	Bartlesville, Oklahoma/Bartlesville

## UAB - Coach: Ray Stanfield

### Women's Roster

Name	Yr.	Hometown/Last School
Elizabeth Ambrus	SR	Arlington Heights, Ill./Rolling Meadows
Christina Chambers	SO	Cullman, Ala./Cullman
Stephanie Gammon	FR	Central, S.C./Daniel
Elizabeth Hillgoss	SR	Houston, Texas/Stratford
Kendel Hood	SO	Spring, Texas/Klein Collins
Katie Horton	SO	Jasper, Ala./Walker
Whitney Mays	SR	Bloomington, Ill./Bloomington
Kristina Olsen	SO	Jackson, Mich./Jackson
Tracy Rowan	JR	Birmingham, Ala./Clay-Chalkville
Thela Woodring	SO	Anderson, S.C./T.L. Hanna
Lacey Wright	FR	Scottsboro, Ala./Scottsboro

## UCF - Coaches: Caryl Smith Gilbert and Mason Cathey

### Men Rosters

Name	Ht.	Yr.	Hometown/Last School
Baker Burchfield	5-11	FR	Tampa, Fla./Wharton
Richie Bonilla	6-0	SO	Weston, Fla./Tennessee
Matt Clements	5-9	SR	Oviedo, Fla./Tampa
Daniel Conn	5-11	SO	Ocala, Fla./Trinity Catholic
Paul Fitzpatrick	5-7	SR	Ocala, Fla./Vanguard
Miles Harris	5-10	FR	Newberry, Fla./Oak Hall
Dustin Hicks	5-11	SR	Oviedo, Fla./Oviedo
Paul Nielsen	6-0	SR	Oviedo, Fla./Oviedo

### Women Rosters

Name	Ht.	Yr.	Hometown/Last School
Shantile Blackburn	5-7	JR	Brooklyn, N.Y./Bishop Loughlin
Jenny Clausen	5-3	SO	Jackson, N.J./Jackson Memorial
Ocean Cohen	5-6	FR	Sarasota, Fla./Riverview
Kellie Dwyer	5-6	SO	Ventnor, N.J./Atlantic City
Jaclyn Johnson	5-6	SO	Valrico, Fla./Bloomigdale
Shannon Kelly	5-3	FR	Tampa, Fla./Sickles
Karen Kozub	5-4	SR	Alden, N.Y./Alden
Annie Lolagne	5-6	SR	Orlando, Fla./University
Kelly McNeill	5-8	JR	Coral Springs, Fla./Taravella
Elizabeth Miller	5-6	SR	Orlando, Fla./Timber Creek
Allison Palmer	5-7	SR	Oviedo, Fla./Oviedo
Jamie Rzepecki	5-4	JR	East Aurora, N.Y./East Aurora
Erica Weitz	5-7	SO	Morganville, N.J./Marlboro
Kristen Zieminski	5-4	SR	Sarasota, Fla./Riverview

## UTEP - Coach: Paul Ereng

### Men Rosters

Name	Yr.	Hometown/Last School
Aggrey Chirchir	SO	Kapsabet, Kenya/Nairobi, University of
Dominic Kiprono Tanui	JR	Kapsabet, Kenya/Mother of Apostles Seminary
Elias Koeh	JR	Iten, Kenya/St. Patrick's
Patrick Mutai	JR	Eldoret, Kenya/Saos
Nicodemus Ng'etich	SO	Kapsabet, Kenya/Kaptel
Japheth Ng'ojoy	JR	Kapsabet, Kenya/Kaptumpo Boys
Stephen Samoei	SR	Eldoret, Kenya/Nakuru

### Women Rosters

Name	Yr.	Hometown/Last School
Delia Cesar	JR	El Paso, Texas/Eastwood
Megan Chojnacki	JR	Waukesha, Wis./Waukesha South
Laura Clarke	SR	Ottawa, Ontario/St. Lawrence Univ. (N.Y.)
Asia Cunningham	FR	Miami, Fla. (Miami Northwestern)
Vanessa de la Rosa	JR	El Paso, Texas/Americas
Crystal Garcia	JR	El Paso, Texas/El Paso CC
Jepchirchir Kigen	FR	Eldoret, Kenya/Archbishop Njenga Girls
Brisa Montalvo	FR	El Paso, Texas/Del Valle
Perla Retana	SR	El Paso, Texas
Kelly Young	SR	Lisarow, Australia/Hawaii

# USA CROSS COUNTRY

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**Oct. 12-13**

East Carolina, Marshall at Furman Invitational (Greenville, S.C.)  
 Houston, Rice (m), Tulane (w) at Chili Pepper Festival (Fayetteville, Ark.)  
 Memphis at Evansville Invitational (Evansville, Ind.)  
 Rice (w) at Houston Baptist Invitational (Houston, Texas)  
 Rice (w) at Pre-Nationals (Terre Haute, Ind.)  
 SMU (w) at Chili Pepper Festival (Fayetteville, Ark.)  
 SMU (w) at Pre-Nationals (Terre Haute, Ind.)  
 Southern Miss at Great American Festival (Hoover, Ala.)  
 UAB (B\* team) at Great American Festival (Hoover, Ala.)  
 Tulsa at Pre-Nationals (Terre Haute, Ind.)  
 UAB (w) at Pre-Nationals (Terre Haute, Ind.)  
 UTEP at Pre-Nationals (Terre Haute, Ind.)  
 UCF at Stetson Invitational (DeLand, Fla.)

**OCT. 5-6**

Memphis at Brooks Twilight Classic (Memphis, Tenn.) W - 12th; M - 19th  
 UCF (w) at FLRunners.com Invitational (Titusville, Fla.) W - 5th  
 UTEP (w) at Arizona State Invitational (Tempe, Ariz.) W - 2nd  
 East Carolina, Houston, Marshall, Rice, SMU, Southern Miss, Tulane, Tulsa, UAB and UTEP men were idle last weekend.

**SEPT. 28-29**

**East Carolina** hosts ECU Pirate Invitational (Greenville, N.C.) W-2nd; M-2nd  
**Houston** at Texas A&MCC Islander Classic (Corpus Christi, Texas) W-4th; M-8th  
**Rice** at Texas A&MCC Islander Classic (Corpus Christi, Texas) M-2nd  
**Marshall** at Loyola Lakefront Classic (Chicago, Ill.) M-11th; W-14th  
**Memphis** at Rhodes College Invitational (Memphis, Tenn.) W-3rd; M-5th  
**Rice** (w) at Notre Dame Invitational (South Bend, Ind.) 1st  
**SMU** (w) at Notre Dame Invitational (South Bend, Ind.) 18th  
**Southern Miss** (w) at Auburn Invitational (Auburn, Ala.) 18th  
**Tulane** (w) at Auburn Invitational (Auburn, Ala.) 5th  
**Tulsa** at Oklahoma State Cowboy Jamboree (Stillwater, Okla.) W-2nd; M-4th  
**UAB** (w) at Notre Dame Invitational (South Bend, Ind.) 19th  
**UCF** at Paul Short Invitational (Bethlehem, Pa.) M-25th; W-31st  
**UTEP** at Bill Dellinger Invitational (Portland, Oregon) M-6th; W-15th

**Sat., Sept. 22**

Rice at Texas A&M Invitational (College Station, Texas) W-1st  
 Tulane (w) at LSU Invitational (Baton Rouge, La.) W-1st  
 Memphis at Arkansas-Little Rock (Little Rock, Ark.) M-2nd; W-3rd  
 Houston at Texas A&M Invitational (College Station, Texas) M-4th; W-9th  
 East Carolina, Marshall, SMU, Southern Miss, Tulsa, UAB, UCF and UTEP were idle last weekend