



2013 MIAA Cross Country Championships

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THE INFO

THE MIAA CROSS COUNTRY CHAMPIONSHIPS

Oct. 26, 2013

When: Women's Race at 10 a.m. and Men's Race at 10:45 a.m.

Where: Countryside Golf Course in Pittsburg, Kan.

Host: Pittsburg State

2012 Men's Champion: Fort Hays State

2012 Women's Champion: Missouri Southern

MIAA Previews: (Note all times are 5k or 6k for women and 8k for men)



Central Missouri

Women: Leading the UCM women is Megan Glamann who earned MIAA Athlete of the Week honors on Sept. 17 running a 22:58.40 at the Roy Griak. Courtney Klaty ran a 23:33.10 and Allie Rexroat at 24:39.50 at the 6K distance in Minnesota.

Men: The men are paced by Tyler Stuber who ran a 25:09.40 at the Central Methodist. Adam Tredway, Sept. 17th's MIAA Athlete of the Week, ran a 25:18.72 at the same race and Laban Sialo ran a 25:31.20 at the Roy Griak.



Central Oklahoma

Women: In 6K's this season Katie Kerns has the best time for the Bronchos running a 23:49.20 at the Midwestern State Cross Country Carnival. Rebekah Hickman is second on the squad with a 23:57.70 and Stephanie Fleig ran a 24:09.90 at the same race.



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Emporia State

Women: The Hornet women enter the race led by Emily Schoenfeld who set a 24:38.60 6K pace at the Rim Rock Classic. Lindsay Caudra had a time of 24:46.00 at the Nebraska Woody Greeno Classic while Taylor Stueve also ran a 24:50.16 at the Rim Rock Classic.

Men: Jacob Bull has the men's best time of 26:07.53 at the Rim Rock Classic. At the same race Morgan Riggs ran a 26:45.18 and David Keach finished in 26:54.44 over the 8K race.



Fort Hays State

Women: The Tigers have run only in 5k races this season as Ramsey McCarter has the top time of 18:29 at the FHSU open. Kylie Gaughan ran 18:36 and Marie Schaller 18:46 at the same race.

Men: The FHSU men are led by Cory Keehn who finished the 8K race in 24:47 at the FHSU Tiger open. Isaac Mills is second on the team after running a 24:52 at the FHSU open and Jonny Bernasky ran a 24:57 at the same race.



Lincoln

Women: The Blue Tigers have yet to run a 6K but are led by MIAA Athlete of the Week Twishanna Williams who rank 17:59.85 at the Southern Stampede (5K). Monique Thompson ran a 20:01.75 at the same race and Willomena Williams ran a 20:08.76 at the Jackling Jocks Invite (5K).



Lindenwood

Women: The Lion women are led by Courtney Heidorn who finished in 18:43 at the 5K race at Missouri Southern. Ann Cherotich also ran the 5K at the Missouri S&T Jackling Jocks finishing in 19:13 while Amanda Brisso ran a 20:16 at the Southern Stampede.

Men: The Lindenwood men are paced by Nicholas Stewart who ran a 26:13 at the Jackling Jocks. He was joined by Travis Staebell (26:42) and Ben McGraw (26:50) at the same race.



Missouri Southern

Women: The Lion women have yet to run a 6K this season but Dora Eastin has the team's top time of 17:55.90 at the Southern Stampede in a 5K. Emily Harris ran an 18:10.10 at the same race and Addie Mengwasser ran an 18:19.20 at that race.

Men: For the MSSU men Eric Schott ran a 24:22.60 at the Southern Stampede ahead of Jake Benton who ran a 24:40.50. Andrew Webster has the teams third best time finishing in 25:35.10 at the Jackling Jocks at Missouri S&T.



Nebraska-Kearney

Women: The Nebraska-Kearney women are led by freshman Morgan Benesch who ran a 22:46.14 at the Woody Greeno in Nebraska. Marissa Bongers finished in 22:58.72 at the same race and Liz Damman ran a 23:09.60 at the Roy Griak Invite.

Men: The Loper men are led by MIAA Athlete of the Week for Sept. 24 Kevin Carder who ran a 24:26.80 at the FHSU Tiger Open. Cole Wellnitz ran a 24:49.00 at the same race and Bryan Hill finished the FHSU open in 25:10.90.



Northwest Missouri

Women: The Northwest Missouri women are led by Anne Herbert who turned in a 18:19.43 at the FHSU Tiger Open. Taylor Woodruff added an 18:41.96 while Katie Carroll finished in 19:50.89 at the same race.

Men: The Bearcat men are paced by one time MIAA Athlete of the Week Nolan Zimmer who finished in 24:22.90 at the FHSU open. Drew Keefer ran a 25:05.50 and Kit Anderson ran a 25:39.20 also at Fort Hays State.



Pittsburg State

Women: The Gorillas are led by two time MIAA Athlete of the Week Jessica Macy who turned in a 21:31.90 at the Roy Griak Invite. Casey Epps finished in 23:29.30 at the 6K distance at the Roy Griak while Alex Moase was their third best runner at that race finishing in 23:37.40.

Men: The PSU men are led by Adam Volkert who ran a 25:10.50 at the Roy Griak Invite. Austin Bogina has the second fastest time finishing in 25:18.00 at the FHSU open and Chris Wise ran in 25:32.50 at the FHSU open.



Southwest Baptist

Women: The Southwest Baptist women are led by Ashley Wolkomir who ran a 17:45.28 at the at the 5K MSSU Stampede. Karissa Fisher finished that race in 18:08.35 and Elizabeth Luckel set an 18:08.99 pace.

Men: The Bearcat men are paced by Derek Lee who ran a 25:08.09 at the Missouri Southern Stampede. Drew Cargill ran the team's second best time of 25:27.82 at the same race while at the Missouri S&T Jackling Jocks Trenton Morris finished with a 26:00.62 race time.

Top MIAA Times

Women

Runner (5K)	School	Time	Event
1. Ashley Wolkomir	Southwest Baptist	17:45.28	MSSU Stampede
2. Dora Eastin	Missouri Southern	17:55.90	MSSU Stampede
3. Twishanna Williams	Lincoln	17:59.85	MSSU Stampede
4. Karissa Fisher	Southwest Baptist	18:08.35	MSSU Stampede
5. Elizabeth Luckel	Southwest Baptist	18:08.99	MSSU Stampede
Runner (6K)	School	Time	Event
1. Jessica Macy	Pittsburg State	21:31.90	Minnesota Roy Griak
2. Morgan Benesch	Nebraska-Kearney	22:46.14	UNL Woody Greeno
3. Megan Glamann	Central Missouri	22:58.40	Minnesota Roy Griak
4. Marissa Bongers	Nebraska-Kearney	22:58.72	UNL Woody Greeno
5. Liz Damman	Nebraska-Kearney	23:09.60	Minnesota Roy Griak

Men (8K Only)

Runner	School	Time	Event
1. Eric Schott	Missouri Southern	24:22.60	MSSU Stampede
2. Nolan Zimmer	Northwest Missouri	24:22.90	FHSU Tiger Open
3. Kevin Carder	Nebraska-Kearney	24:26.80	FHSU Tiger Open
4. Jake Benton	Missouri Southern	24:40.50	MSSU Stampede
5. Cory Keehn	Fort Hays State	24:47.00	FHSU Tiger Open
6. Cole Wellnitz	Nebraska-Kearney	24:49.00	FHSU Tiger Open
7. Isaac Mills	Fort Hays State	24:52.00	FHSU Tiger Open
8. Jonny Bernasky	Fort Hays State	24:57.00	FHSU Tiger Open
9. Drew Keefer	Northwest Missouri	25:05.50	FHSU Tiger Open
10. Derek Lee	Southwest Baptist	25:08.09	MSSU Stampede