



Mountain West Conference

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For Immediate Use: Saturday, Oct. 30, 2004

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BYU WINS MOUNTAIN WEST CONFERENCE MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIPS New Mexico's Shadrack Biwott and BYU's Laura Turner win individual titles

COLORADO SPRINGS, Colo. – The BYU Cougars captured the men's and women's team titles at the 2004 Mountain West Conference Cross Country Championships Saturday at Balboa Park's Morley Field in San Diego, Calif. The 12th-ranked Cougar women's team finished with 24 points, while runner-up No. 24 Colorado State finished with a point total of 59. The No. 10 BYU men's squad finished with 39 points and were followed by 12th-ranked Air Force, with 57 points.

For the women, BYU brought home its sixth consecutive conference title as members of the MWC, placing all five scoring runners in the top-10. Senior Laura Turner paced the field with a time of 21:23 to claim the women's individual title. She was followed by senior Rena Chesser (21:49) and freshman Heidi Magill (22:01), who finished second and third, respectively. New Mexico's Jacquelyne Gallegos (22:16, fourth) and Utah's Elise Greenwood-Bahr (22:21, fifth) rounded out the top-five.

Wyoming claimed third-place with 97 points, followed by Utah in fourth (118 points), Air Force in fifth (121) and Utah in sixth (173). San Diego State (192) and UNLV (224) finished in seventh and eighth, respectively.

On the men's side, BYU brought home its fifth conference title in six years as members of the MWC, placing four runners in the top-10. Junior Josh Rohatinsky paced the Cougars with a third-place finish (25:03). Bryan Lindsay (25:16, fourth), Dustin Bybee (25:22, seventh), Nathan Robison (25:29, 10th) and Chad Durham (25:43, 15th) rounded out the scoring for BYU.

No. 23 New Mexico claimed third-place with 69 points, followed by No. 17 Colorado State in fourth (75 points), Utah fifth (127) and Wyoming sixth (174).

Lobo freshman Shadrack Biwott won the men's individual title, clocking in at 24:44.

2004 Mountain West Conference Women's All-Conference Teams

First Team

Laura Turner, Sr., BYU
Rena Chesser, Sr., BYU
Heidi Magill, Fr., BYU
Jacquelyne Gallegos, Jr., New Mexico
Elise Greenwood-Bahr, Jr., Utah
Danielle Korb, Jr., Colorado State
Jennifer Thompson, Sr., Wyoming

Second Team

Amber Harper, So., BYU
Michelle Carman, Sr., Colorado State
Jami Caldwell, Sr., BYU
Julie Cameron, Fr., BYU
Nicole Feest, Jr., Colorado State
Kelly Robinson, Fr., Air Force
Christal Cuadra, Jr., San Diego State

2004 Mountain West Conference Women's Award Winners

Runner of the Year

Laura Turner, Sr., BYU

Freshman of the Year

Heidi Magill, BYU

Sportsmanship Award

Colorado State Rams

Coach of the Year

Randy Cole, Wyoming

2004 Mountain West Conference Men's All-Conference Teams

First Team

Shadrack Biwott, Fr., New Mexico
Matt Gonzales, Sr., New Mexico
Josh Rohatinsky, Jr., BYU
Bryan Lindsay, Sr., BYU
Mike Nicks, Sr., Colorado State
Josh Glaab, Jr., Colorado State
Dustin Bybee, Fr., BYU

Second Team

Abe Wengel, Sr., Air Force
Brian Dumm, Sr., Air Force
Nathan Robison, Sr., BYU
Mark Walter, Jr., Air Force
Delfino Arevalo, Sr., Utah
Nick Wilson, Jr., Air Force
Cameron Clarke, Jr., New Mexico

2004 Mountain West Conference Men's Award Winners

Runner of the Year

Shadrack Biwott, Fr., New Mexico

Freshman of the Year

Shadrack Biwott, New Mexico

Coach of the Year

Ed Eyestone, BYU

-- MWC --

WTeam
MOUNTAIN WEST CONFERENCE
CROSS COUNTRY CHAMPIONSHIPS
Saturday, October 30, 2004

MORLEY FIELD
San Diego, CA

Registration & Results by
Kathy Loper Events

Women' s TEAM Results

1. BYU
1 2 3 8 10 (11) (19) = 24
LAURA TURNER, RENA CHESSER, HEIDI MAGILL, AMBER HARPER, JAMI CALDWELL,
JULIE CAMERON, CAROLYN QUEBE
2. CSU
6 9 12 15 17 (24) (30) = 59
DANIELLE KROB, MICHELLE CARMAN, NICOLE FEEST, LANNIA PUDWELL, COLLEEN
BLAIR, REBEKAH YETZER, CRYSTAL CLARK
3. WYO
7 20 21 23 26 (29) (33) = 97
JENNIFER THOMPSON, GLADYS JEROTICH, NATALIE KEAN, GRETCHEN FAGLEY,
TANICE BARNETT, EMERALD REID, BROOKLAN GRIMES
4. UTAH
5 16 25 35 37 (39) (40) = 118
ELISE GREENWOOD-BAHR, NELLIE HAMMONS, CHARITY VERNON, JENNY GUSTAVSON,
JENNIE HAERTEL, NICKI HUGIE, ASHLEE WARNICK
5. AFA
13 22 27 28 31 (32) (34) = 121
KELLY ROBINSON, LINDSAY GROSE, ASHLEY SNYDER, ASHLEY CULP, KRISTIN
TRICHLER, ANDREA PINCHAK, BETH CATHERWOOD
6. UNM
4 36 38 41 44 (46) (47) = 163
JACQUELYNE GALLEGOS, RIANN LUCY, LINDSAY BARR, STASIA PLOSKONKA,
LESLIE LUNA, JANICE TOSA, VANESSA FUNSTON
7. SDSU
14 42 43 45 48 (49) (56) = 192
CHRISTAL CUADRA, CHRISTIAN FAIRING, CELESTE TYSON, SARA CATES, ALISON
BAKER, BROOKIE DETTERMAN, JAMILLAH TITUS
8. UNLV
18 50 51 52 53 (54) (55) = 224
MICHELE SUSZEK, SARAH LOUGHLIN, ASHLEY PIERCE, SAMANTHA SERRANO, ERIN
HAMMOND, LETA ROSE, KATIE HUGHES

WTeam

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Place	Name	No.	Ye	School	Time	Pace
1	LAURA TURNER	32	SR	BYU	21:23	5:45
2	RENA CHESSER	26	SR	BYU	21:49	5:51
3	HEIDI MAGILL	30	FR	BYU	22:01	5:55
4	JACQUELYNE GALLEGOS	73	SR	UNM	22:16	5:59
5	ELISE GREENWOOD-BAH	112	JR	UTAH	22:21	6:00
6	DANIELLE KROB	58	SO	CSU	22:24	6:01
7	JENNIFER THOMPSON	136	SR	WYO	22:25	6:01
8	AMBER HARPER	27	SO	BYU	22:37	6:04
9	MICHELLE CARMAN	55	SR	CSU	22:49	6:07
10	JAMI CALDWELL	25	SR	BYU	22:51	6:08
11	JULIE CAMERON	24	SO	BYU	22:53	6:09
12	NICOLE FEEST	57	JR	CSU	22:53	6:09
13	KELLY ROBINSON	21	FR	AFA	22:54	6:09
14	CHRISTAL CUADRA	84	JR	SDSU	23:03	6:11
15	LANNIA PUDWELL	63	SO	CSU	23:04	6:12
16	NELLIE HAMMONS	110	SR	UTAH	23:08	6:13
17	COLLEEN BLAIR	54	SR	CSU	23:10	6:13
18	MICHELE SUSZEK	98	SR	UNLV	23:18	6:15
19	CAROLYN QUEBE	31	SO	BYU	23:23	6:17
20	GLADYS JEROTICH	131	FR	WYO	23:23	6:17
21	NATALIE KEAN	132	SR	WYO	23:24	6:17
22	SARAH INGEBRETSEN	28	FR	BYU	23:25	6:17
23	LINDSAY GROSE	18	JR	AFA	23:25	6:17
24	SUZANNA LOGAN	29	SO	BYU	23:26	6:17
25	GRETCHEN FAGLEY	129	FR	WYO	23:28	6:18
26	REBEKAH YETZER	62	SR	CSU	23:29	6:18
27	CHARITY VERNON	111	SR	UTAH	23:32	6:19
28	TANICE BARNETT	127	JR	WYO	23:35	6:20
29	ASHLEY SNYDER	22	SO	AFA	23:36	6:20
30	ASHLEY CULP	15	SO	AFA	23:38	6:21
31	EMERALD REID	135	JR	WYO	23:50	6:24
32	CRYSTAL CLARK	56	SR	CSU	23:52	6:24
33	KRISTIN TRICHLER	23	FR	AFA	23:57	6:26
34	ANDREA PINCHAK	20	JR	AFA	23:57	6:26
35	BROOKLAN GRIMES	130	JR	WYO	23:59	6:26
36	BETH CATHERWOOD	14	SO	AFA	24:02	6:27
37	JENNY GUSTAVSON	113	JR	UTAH	24:09	6:29
38	RIANN LUCY	77	SO	UNM	24:26	6:33
39	JENNIE HAERTEL	117	SO	UTAH	24:30	6:35
40	LINDSAY BARR	74	FR	UNM	24:51	6:40
41	MICHELLE KVERNMO	133	SO	WYO	24:57	6:42
42	NICKI HUGIE	114	JR	UTAH	25:08	6:45
43	ASHLEE WARNICK	115	JR	UTAH	25:12	6:46
44	STASIA PLOSKONKA	80	FR	UNM	25:22	6:48
45	CHRISTIAN FAIRING	87	SO	SDSU	25:22	6:49
46	CELESTE TYSON	90	SO	SDSU	25:22	6:49
47	LESLIE LUNA	78	FR	UNM	25:26	6:50
48	KRISTIN TAYLOR	116	SO	UTAH	25:35	6:52
49	SARA CATES	83	SO	SDSU	25:36	6:52
50	MAGGIE DILLER	128	JR	WYO	25:47	6:55

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San Diego, CA

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Place	Name	No.	Ye	School	Time	Pace
51	JANICE TOSA	81	JR	UNM	25: 51	6: 56
52	VANESSA FUNSTON	75	SR	UNM	25: 59	6: 58
53	KELLIE NICKERSON	79	FR	UNM	26: 01	6: 59
54	ALISON BAKER	82	SO	SDSU	26: 02	6: 59
55	BROOKIE DETTERMAN	85	FR	SDSU	26: 18	7: 04
56	SARAH LOUGHLIN	93	SR	UNLV	26: 24	7: 05
57	ASHLEY PIERCE	95	JR	UNLV	26: 37	7: 09
58	SAMANTHA SERRANO	97	SO	UNLV	26: 50	7: 12
59	ERIN HAMMOND	91	JR	UNLV	26: 58	7: 14
60	LETA ROSE	96	SR	UNLV	27: 11	7: 18
61	KATIE HUGHES	92	JR	UNLV	27: 20	7: 20
62	HEATHER WALSH	99	SR	UNLV	27: 31	7: 23
63	JAMILLAH TITUS	89	JR	SDSU	27: 40	7: 26
64	EMILY JOLLER	88	SR	SDSU	28: 13	7: 34

MTeam
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CROSS COUNTRY CHAMPIONSHIPS
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San Diego, CA

Registration & Results by
Kathy Loper Events

Men' s TEAM Results

1. BYU
3 4 7 10 15 (17) (20) = 39
JOSH ROHATINSKY, BRYANN LINDSAY, DUSTIN BYBEE, NATHAN ROBISON, CHAD DURHAM, JOSH MCADAMS, CHANDLER GOODWIN
2. AFA
8 9 11 13 16 (18) (27) = 57
ABE WENGEL, BRIAN DUMM, MARK WALTER, NICK WILSON, JEFF GOSSELIN, MATT HELLIER, TRAVIS PATTERSON
3. UNM
1 2 14 24 28 (30) (31) = 69
SUADRACK KIPTOO BIWOTT, MATT GONZALES, CAMERON CLARKE, NATE CLEM, STEPHEN MARTINEZ, JUAN ORTEGA, BEN ORTEGA
4. CSU
5 6 19 22 23 (26) (34) = 75
MIKE NICKS, JOSH GLAAB, MATT PETTIT, PAUL MICHEL, ROB WATSON, JEFF SCULL, MATT CIANIULLI
5. UTAH
12 21 29 32 33 (36) (41) = 127
DELFINO AREVALO, VANCE TWITCHELL, COLBY FRAZIER, KURT MICHELS, MATT HANSEN, JP ROONEY, DALE GOLDING
6. WYO
25 35 37 38 39 (40) (42) = 174
BRIAN KNIGHT, RAGAN DRIVER, MATT HUDSON, BRIAN HARNISCH, CHRIS SCHABRON, JEREMY THOMPSON, NICK CRAMER

MTeam

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Place	Name	No.	Ye	School	Time	Pace
1	SUADRACK KIPTOO BIW	65	FR	UNM	24:44	4:59
2	MATT GONZALES	64	SR	UNM	24:45	4:59
3	JOSH ROHATINSKY	33	JR	BYU	25:03	5:03
4	BRYANN LINDSAY	36	SR	BYU	25:16	5:05
5	MIKE NICKS	46	SR	CSU	25:19	5:06
6	JOSH GLAAB	44	JR	CSU	25:20	5:06
7	DUSTIN BYBEE	35	FR	BYU	25:22	5:07
8	ABE WENGEL	10	SR	AFA	25:28	5:08
9	BRIAN DUMM	3	SR	AFA	25:29	5:08
10	NATHAN ROBISON	39	SR	BYU	25:29	5:08
11	MARK WALTER	9	JR	AFA	25:35	5:09
12	DELFINO AREVALO	100	SR	UTAH	25:36	5:09
13	NICK WILSON	12	JR	AFA	25:37	5:10
14	CAMERON CLARKE	66	JR	UNM	25:39	5:10
15	CHAD DURHAM	40	SR	BYU	25:43	5:11
16	JEFF GOSSELIN	6	JR	AFA	25:47	5:12
17	JOSH MCADAMS	42	JR	BYU	25:51	5:12
18	MATT HELLIER	7	JR	AFA	25:57	5:14
19	MATT PETTIT	48	SR	CSU	26:05	5:15
20	CHANDLER GOODWIN	37	FR	BYU	26:08	5:16
21	NICK MCCOMBS	41	JR	BYU	26:12	5:17
22	VANCE TWITCHELL	105	SO	UTAH	26:12	5:17
23	PAUL MICHEL	45	JR	CSU	26:14	5:17
24	ROB WATSON	51	SO	CSU	26:19	5:18
25	MATT ADAMS	38	SR	BYU	26:20	5:18
26	NATE CLEM	72	JR	UNM	26:22	5:19
27	BRIAN KNIGHT	124	JR	WYO	26:30	5:20
28	JEFF SCULL	49	FR	CSU	26:34	5:21
29	TRAVIS PATTERSON	8	JR	AFA	26:36	5:21
30	STEPHEN MARTINEZ	68	SO	UNM	26:41	5:22
31	ANTHONY D'AMATO	2	JR	AFA	26:47	5:24
32	KALIB WILKINSON	11	JR	AFA	26:50	5:24
33	COLBY FRAZIER	101	SR	UTAH	26:54	5:25
34	JUAN ORTEGA	70	SO	UNM	26:57	5:26
35	BEN ORTEGA	69	SR	UNM	26:57	5:26
36	KURT MICHELS	103	SO	UTAH	26:59	5:26
37	JOSEPH GARCIA	71	FR	UNM	27:08	5:28
38	MATT HANSEN	102	JR	UTAH	27:16	5:29
39	MATT CIANIULLI	43	JR	CSU	27:21	5:31
40	ANDREW URBINA	50	FR	CSU	27:39	5:34
41	RAGAN DRIVER	120	JR	WYO	27:41	5:34
42	NICK MARTINEZ	67	SR	UNM	27:44	5:35
43	DAVE ZAKAVEC	52	SO	CSU	27:53	5:37
44	JP ROONEY	104	SO	UTAH	28:02	5:39
45	MATT HUDSON	122	JR	WYO	28:23	5:43
46	BRIAN HARNISCH	121	JR	WYO	28:25	5:43
47	CHRIS SCHABRON	125	JR	WYO	28:27	5:44
48	JEREMY THOMPSON	126	SR	WYO	28:45	5:47
49	DALE GOLDING	107	FR	UTAH	29:14	5:53
50	NICK CRAMER	119	JR	WYO	29:38	5:58