



2000 Texas Tech Cross Country

October 16

Upcoming for the Red Raiders...

Both the men's and women's teams will take this week off from competition to prepare for the October 29 Big 12 Championships in Boulder, Colo.

The Buffalo Ranch on the Colorado University South Campus will serve as the host site for the conference championships. The men's 8K race will start at 10 a.m., while the women's event will begin at 11 a.m.

Leigh Daniel and Kristen Koppes finished second and ninth, respectively, earning all-conference honors, to lead the Red Raiders to a fifth-place team finish in College Station, Texas. Evette Turner took 15th in the event, while Courtney Nolen and Shannon Spaulding both scored for Tech in the meet.

The men were led by Boniface Ndungu's 17-place finish for a 10th-place team finish in College Station. David Leigh finished 28th, Jesse Williams took 60th, Ryan Cruz was 63rd and Adrian Dodds finished 72nd in the 8K event.

Tech men finish 29th at Pre-National Meet

Gezachw Yossef places 35th among 360 runners

The Texas Tech men's cross country squad finished 29th among 53 teams at the NCAA Pre-National Meet in Ames, Iowa, Saturday.

Senior Gezachw Yossef placed 35th among 360 runners on the 10K course at Iowa State University, finishing in a time of 31:42.5. The 10K race was the first of that distance for the Tech men's team this season.

Fellow senior Boniface Ndungu followed with a mark of 32:38.2, then freshman Scott Blair in a time of 32:47.2. Two other freshmen scored for the Red Raiders in the meet, with Joseph McCellon finishing in a time of 33:19.8, and Nick Hulstrom crossing the finish line in 33:28.9.

Ryan Cruz (34:27.1) and Dwayne Benoit (34:38.8) also competed for Tech at the national meet.

XC women compete at Pre-National Meet

Leigh Daniel leads Tech squad in Ames, Iowa

The Texas Tech women's cross country competed at the NCAA Pre-National Meet in Ames, Iowa, Saturday, finishing 52nd among 56 teams in the event.

Senior Leigh Daniel led the women, posting a time of 22:32.8 for 90th place on the 6K course at Iowa State University. Daniel was followed by redshirt freshman Melissa Ernst, who finished in a time of 24:08.9.

True freshman Tracie Akerhielm followed with a mark of 24:36.6, while sophomore Shannon Spaulding ran in a time of 25:01.8. Freshman Bridget Tidwell also scored for the Red Raiders, finishing in a time of 25:04.5.

Host of Tech Harriers Set Best Times of Season

A number of Texas Tech runners set personal best times at the Cowboy Jamboree, including six of the seven women who competed in Stillwater, Okla.

True freshman Katie Lyman posted her best time of the season with a mark of 18:19 for sixth place. Fellow frosh Bridget Tidwell also posted her best time in her young career, finishing in a time of 18:49 for 20th in the 119-runner event.

Sulphur Springs, Texas, product Tracie Akerhielm posted a 29th-place finish in a time of 19:11, also her best time in her freshman campaign. Sophomore Shannon Spaulding finished in a time of 19:39 for 45th place. The meet was only Spaulding's second of the season after a preseason injury sidelined her until last week's Sundodger Invitational.

Two other freshmen also raced in Saturday's meet, with Emily Kepple crossing the finish line in a time of 23:01, and Megan Beaty coming in right behind Kepple with a mark of 23:16.

2000 QUICK FACTS

Location	Lubbock, Texas
Enrollment	22,078
Nickname	Red Raiders
Mascot	Masked Raider
Colors	Scarlet & Black
Conference	Big 12
Home Course	Mae Simmons Park
President	Dr. David J. Schmidly
Chancellor	John T. Montford
Athletic Director	Gerald Myers
Associate AD/SWA	Dr. Judith Henry
Website	www.texas-tech.com

Head Coach

Head Coach	David Smith, third season
Alma Mater	Michigan State, '93
Office Phone	(806) 742-3355
Office Fax	(806) 742-0365

Men's Information

Letterwinners Returning/Lost	4/3
1999 Big 12 Finish	10th
1999 NCAA Regional Finish	10th
1999 NCAA Championships Finish	DNQ

Women's Information

Letterwinners Returning/Lost	2/6
1999 Big 12 Finish	5th
1999 NCAA Regional Finish	8th
1999 NCAA Championships Finish	DNQ

Fax-on-Demand

Phone Number	(770) 563-1131
Last Release	2324 (Men); 2328 (Women)

Media Relations

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PRACTICE / INTERVIEWS

The squads practice daily from 3:30 to approximately 5 p.m. Practice sites vary from day-to-day. The team meets everyday at 3:30 p.m. at the R.P. Fuller Track before beginning practice at the desired location.

All interviews and player requests need to be arranged through the media relations office. Jo Jo Freeman serves as the cross country contact, and his phone number is 806-742-2770.

WOMEN'S SCHEDULE

Sept. 1	ACU Classic (3 miles)	1st/8
Sept. 9	Red Raider Open (5K)	2nd/4
Sept. 23	Sundodger Inv. (6K)	3rd/8
Sept. 30	Cowboy Jamboree (5K)	3rd/13
Oct. 7	Texas Tech Open - "B" (5K)	3rd/5
Oct. 14	Pre-National Meet (10K)	52nd/56
Oct. 28	Big 12 Championships	Boulder, Colo.
Nov. 11	Mountain Regionals	Ogden, Utah
Nov. 20	NCAA Championships	Ames, Iowa

2000 Individual Results

Leigh Daniel

ACU XC Classic	18:51.90	1st
Sundodger Invitational	21:26.28	6th
Cowboy Jamboree	18:03	4th
Pre-National Meet	22:32.8	90th

Katie Lyman

Red Raider Open	19:55	4th
Sundodger Invitational	22:02.06	12th
Cowboy Jamboree	18:19	6th

Tracie Akerhielm

ACU XC Classic	19:20.46	2nd
Red Raider Open	20:39	9th
Sundodger Invitational	22:22.51	20th
Cowboy Jamboree	19:11	29th
Pre-National Meet	24:36.6	279th

Bridget Tidwell

ACU XC Classic	20:23.57	7th
Red Raider Open	20:06	5th
Sundodger Invitational	22:15.60	17th
Cowboy Jamboree	18:49	20th
Pre-National Meet	25:04.5	318th

Melissa Ernst

Red Raider Open	21:18	12th
Sundodger Invitational	23:07.29	29th
Texas Tech Open	22:46	18th
Pre-National Meet	24:08.9	238th

Shannon Spaulding

Sundodger Invitational	23:11.86	32nd
Cowboy Jamboree	19:39	45th
Texas Tech Open	22:46	17th
Pre-National Meet	25:01.8	315th

Jennifer Marable

ACU XC Classic	20:11.70	5th
Sundodger Invitational	24:03.10	46th
Texas Tech Open	22:19	15th

Megan Beaty

ACU XC Classic	23:52.25	29th
Red Raider Open	23:31	18th
Cowboy Jamboree	23:16	100th
Texas Tech Open	22:19	16th

Yossef Earns Runner of the Week Honor

Texas Tech senior Gezachw Yossef was honored as the Men's Cross Country Runner of the Week by the conference office on Monday.

Yossef, a senior from Ashdod, Israel, crossed the finish line in second-place among 87 runners at the Sundodger Invitational in Seattle, Wash., last Saturday. He finished less than 18 seconds behind first-place finisher Mark Pilja of Michigan with a time of 24:17.91 on the 8K course. The Red Raiders finished fourth in a field of nine teams behind Washington, Michigan and UCLA. Last season, Texas Tech finished sixth at the Sundodger Invite.

Missouri's Ann Marie Brooks joined Yossef in the weekly honor, earning Big 12 Women's Cross Country Runner of the Week.

Brooks, a two-time All-Big 12 harrier, finished sixth in the women's 6K at the Roy Griak Invitational in Lincoln, Neb., last Saturday with a time of 21:43. The senior led her team to a 12th-place finish out of 31 teams, with seven squads ranked in last week's FinishLynx Women's National Cross Country Coaches Poll. The 20th-ranked Tigers edged out No. 16 Colorado State and 23rd-ranked Marquette.

Freshman Lyman sets course record

With some research and help from coach Dave Smith, it was discovered during the off-week that harrier Katie Lyman set a new freshman course record at the Red Raider Open.

The Cheyenne, Wyo., native posted a time of 16:58 for a fourth-place overall finish. She was the first Tech runner to cross the finish line, breaking the old mark of 20:02 set by Kristen Koppes at the 1996 Red Raider Open.

Lyman came to Tech with a list of accomplishments at the high school level, including posting victories at the Simplot Games, the nation's largest and most prestigious high school indoor meet.

Head Coach Dr. Dave Smith

Dr. David Smith (Michigan State '93) enters his third year as head coach of the Texas Tech Cross Country program. In 1998, Smith implemented a new rigorous training program that resulted in a number of new personal bests for his runners and four of his runners qualified to compete at the Regional Championship meet.

In addition to his duties for Cross Country, Smith is the distance coach for the track and field team. Smith made an immediate impact on the track in 1999, helping coach Leigh Daniel to a pair of national titles in the 5,000 and 10,000 meter runs.

Smith entered into coaching after an outstanding collegiate career as a distance runner. At Michigan State University, Smith was a top performer for the Spartans from 1990-93. He was the Big Ten champion in the 10,000 meters and runner-up in the 1,500 meters in 1993. Smith was also a three-time all-Big Ten performer and three-time academic All-America as well as seven-time academic all-Big Ten.

After leaving East Lansing, Smith moved to Washington state, where he was the competitive manager and women's distance coach for Club Northwest. At Northwest, he led the women's cross country team to a second place finish at the USATF National Cross Country Championships. Smith also organized several major distance races in the Seattle area.

He also earned his doctorate from the University of Washington in Pharmacology during his stay in Seattle.



WOMEN'S RESULTS

Pre-National Meet -- 6K

Participant	PL.	Time	School
Kara Wheeler	1	20:27.3	Colorado
Erica Palmer	2	20:56.7	Wisconsin
Shalane Flanagan	3	20:58.6	N. Carolina
Amy Mortimer	4	21:00.3	Kansas St.
Lisa Aguilera	5	21:05.9	Arizona St.
Tuula Laitinen	-	21:06.5	Toledo
Sabrina Monro	6	21:07.8	Montana
Korene Hinds	7	21:15.7	Kansas St.
Lindsey Thomsen	8	21:17.2	BYU
Tara Chaplin	9	21:23.0	Arizona
Mary Harrelson	-	21:28.2	App. State
Sara Wells	10	21:31.9	Okla. State
Elena Villarreal	11	21:37.4	Stanford
Sara Tindall	12	21:37.8	Brown
Sharolyn Shields	13	21:38.4	BYU
Ann Marie Brooks	14	21:39.2	Missouri
Ann McGranahan	15	21:40.5	Villanova
Bethany Brewster	16	21:41.5	Wisconsin
Megan Guiney	17	21:42.0	Boston Coll.
Sheela Agrawal	18	21:42.3	Duke
Leigh Daniel	90	22:32.8	Texas Tech
Melissa Ernst	238	24:08.9	Texas Tech
Tracie Akerhielm	279	24:36.6	Texas Tech
Shannon Spaulding	315	25:01.8	Texas Tech
Bridget Tidwell	318	25:04.5	Texas Tech

MEN'S RESULTS

Pre-National Meet -- 10K

Participant	PL.	Time	School
Jorge Torres	1	30:31.1	Colorado
Thomas Marley	2	30:48.8	Stanford
Jonathan Riley	3	30:49.6	Stanford
Luke Watson	4	30:52.3	Notre Dame
Christopher Mutai	5	31:01.6	Alabama
Steve Slattery	6	31:06.6	Colorado
Blake McDowell	7	31:07.6	E. Michigan
Louie Luchini	8	31:11.8	Stanford
Mike Smith	9	31:13.0	Georgetown
Marc Striowski	10	31:16.0	Notre Dame
Mike Cramer	11	31:17.9	Arizona
Ian Connor	12	31:18.8	Ohio State
Eliud Njubi	-	31:19.3	TCU
David Rodriguez	13	31:20.4	Georgetown
Herbert Mwangi	-	31:24.4	TCU
Sean Smith	14	31:24.7	Colorado
Shadrack Kimeli	15	31:25.3	Kansas St.
Karl Savage	-	31:25.5	St. Joseph's
Gezachw Yossef	35	31:42.5	Texas Tech
Boniface Ndungu	130	32:38.2	Texas Tech
Scott Moore	150	32:47.2	Texas Tech
Joseph McCellon	215	33:19.8	Texas Tech
Nick Hulstrom	229	33:28.9	Texas Tech
Ryan Cruz	300	34:27.1	Texas Tech
Dwayne Benoit	310	34:38.8	Texas Tech

MEN'S SCHEDULE

Sept. 1	ACU Classic (4 miles)	2nd/5
Sept. 9	Red Raider Open (8K)	2nd/5
Sept. 23	Sundodger Inv. (8K)	4th/9
Sept. 30	Cowboy Jamboree (8K)	8th/20
Oct. 7	Texas Tech Open - "B" (8K)	3rd/7
Oct. 14	Pre-National Meet (10K)	29th/53
Oct. 28	Big 12 Championships	Boulder, Colo.
Nov. 11	Mountain Regionals	Ogden, Utah
Nov. 20	NCAA Championships	Ames, Iowa

2000 Individual Results

Gezachw Yossef

Red Raider Open	25:39	1st
Sundodger Invitational	24:17.91	2nd
Pre-National Meet	31:42.5	35th

Boniface Ndungu

Red Raider Open	26:42	7th
Sundodger Invitational	24:41.89	7th
Cowboy Jamboree	25:30	20th
Pre-National Meet	32:38.2	130th

Nick Hulstrom

Red Raider Open	26:49	8th
Sundodger Invitational	25:31.27	35th
Cowboy Jamboree	27:06	83rd
Pre-National Meet	33:28.9	229th

Joseph McCellon

ACU XC Classic	22:14.71	9th
Red Raider Open	27:21	10th
Sundodger Invitational	25:43.30	41st
Cowboy Jamboree	26:38	69th
Pre-National Meet	33:19.8	215th

Scott Moore

ACU XC Classic	22:37.51	10th
Red Raider Open	27:39	14th
Sundodger Invitational	25:16.75	27th
Cowboy Jamboree	26:23	55th
Pre-National Meet	32:47.2	150th

Dwayne Benoit

ACU XC Classic	22:56.64	12th
Red Raider Open	27:52	17th
Sundodger Invitational	26:14.28	48th
Cowboy Jamboree	27:21	93rd
Pre-National Meet	34:38.8	310th

George Odom

ACU XC Classic	23:01.48	13th
Red Raider Open	28:14	19th
Sundodger Invitational	26:34.86	52nd
Cowboy Jamboree	27:26	96th
Texas Tech Open	27:50	11th

Ryan Cruz

Red Raider Open	28:27	NA
Cowboy Jamboree	26:12	50th
Pre-National Meet	34:27.1	300th

2000 WOMEN'S ROSTER

Name	Ht.	Cl.-Ex	Hometown/Last School
Kristen Adkins	5-6	Fr.-HS	Abilene, Texas/Abilene HS
Tracie Akerhielm	5-8	Fr.-HS	Sulphur Springs, Texas/North Hopkins HS
Megan Beaty	5-5	Fr.-HS	Idalou, Texas/Idalou HS
Leigh Daniel	5-5	Sr.-3L	Lubbock, Texas/Monterey HS
Melissa Ernst	5-7	Fr.-RS	El Paso, Texas/Franklin HS
Emily Kepple	5-5	Fr.-HS	Flower Mound, Texas/Marcus HS
Linsey Lawless	5-8	Fr.-RS	Georgetown, Texas/Georgetown HS
Rebekah Lawless	5-8	Fr.-RS	Georgetown, Texas/Georgetown HS
Katie Lyman	5-5	Fr.-HS	Cheyenne, Wyo./Central HS
Jennifer Marable	5-4	Fr.-HS	Canyon, Texas/Canyon HS
Shannon Spaulding	5-4	So.-1L	Rockport, Texas/Rockport-Fulton HS
Bridget Tidwell	5-8	Fr.-HS	Crawford, Texas/Crawford HS

2000 MEN'S ROSTER

Name	Ht.	Cl.-Ex	Hometown/Last School
Josh Allen	5-9	Fr.-HS	Mesquite, Texas/Dr. Ralph H. Poteet HS
Dwayne Benoit	6-2	Fr.-HS	Abilene, Texas/Cooper HS
Ryan Cruz	5-8	So.-1L	Shallowater, Texas/Shallowater HS
Adrian Dodds	5-6	Jr.-1L	El Paso, Texas/Cathedral HS
Robby Gonzales	5-8	So.-RS	Ingleside, Texas/Rockport-Fulton HS
Jeremy Granger	5-9	Fr.-RS	Hobbs, N.M./Hobbs HS
Nick Hulstrom	5-9	Fr.-HS	Clovis, N.M./Clovis HS
Joseph McCullen	5-10	Fr.-HS	Alvin, Texas/Alvin HS
Scott Moore	6-2	Fr.-HS	Mesquite, Texas/Dr. Ralph H. Poteet HS
Boniface Ndungu	5-8	Sr.-1L	Nairobi, Kenya/Dodge City CC
George Odom	5-7	Sr.-SQ	Cedar Hill, Texas/Cedar Hill HS
Chris Ramirez	5-9	Fr.-HS	Lubbock, Texas/Monterey HS
Cullin Shaw	6-1	Fr.-HS	Lubbock, Texas/Coronado HS
Chris Thomas	5-10	Jr.-2L	Lubbock, Texas/Lubbock HS
Brian Wade	5-11	Fr.-RS	Round Rock, Texas/McNeil HS
Tom Williams	6-1	Jr.-SQ	Huntsville, Ala./Huntsville HS
Gezachw Yossef	6-0	Sr.-RS	Ashdod, Israel/Nere-Amael HS