



2005 Bearcat Cross Country



Cross Country Contact - Jared Verner • s260440@mail.nwmissouri.edu • 660.562.1118

2005 Northwest Men's Cross Country Season Recap

2005 Cross Country Schedule

Date	Meet	Location	Time/Result
Sept. 3	CU/UNO Invitational (Women)	Omaha, Neb.	4th
	Alumni Meet (Men)	Maryville, Mo.	N/A
Sept. 9	CMSU Mule Run	Warrensburg, Mo.	M-5th/W-5th
Sept. 17	Woody Greeno/UNL Invite	Lincoln, Neb.	M-19th/W-19th
Sept. 24	Dean White Invitational (Men)	Crete, Neb.	2nd
Oct. 1	Loyola Lakefront Invite (Women)	Chicago, Ill.	8th
Oct. 8	Concordia Invitational	Seward, Neb.	M-2nd/W-3rd
Oct. 22	MIAA Championships	Pittsburg, Kan.	M-3rd/W-6th
Nov. 5	NCAA South Central Regionals	Abilene, Tex.	M-6th/W-12th

All Times CST

Home meets in **BOLD** held on Northwest Missouri State campus

Quick Facts

Name of School: Northwest Missouri State University
City/Zip: Maryville, MO 64468
Founded: 1905
Enrollment: 6,350
Nickname: Bearcats
Colors: Forest Green and White
Affiliation: NCAA Division II
Conference: Mid-America Intercollegiate Athletics Association (MIAA)
President: Dr. Dean L. Hubbard
Director of Athletics: Dr. Bob Boerigter
Office Manager: Michele Steinmeyer
Athletic Phone: 660-562-1713
Athletics Fax: 660-562-1493
Tickets Phone: 660-562-1212
Website: www.NorthwestBearcats.com
Home Course: Mozingo Golf Course
Men's Head Coach: Richard Alsup
Years at School: 29
Men's Assistant: Ed Hart
Men's MIAA Championships: 1 total
Women's Head Coach: Scott Lorek
Years at School: 2
Women's Assistant: Shelley Lorek
Women's MIAA Championships: 3 total

Athletic Media Relations

Director: Chad Waller
Waller's e-mail: cwall@mail.nwmissouri.edu
SID Office Phone: 660-562-1118
Home Phone: 218-766-0159
Cell Phone: 660-562-8868
Graduate Assistant: Tony Black
Black's e-mail: s267326@mail.nwmissouri.edu
Black's Cell Phone: 913-269-6299
Cross Country Contact: Jared Verner
Verner's e-mail: s260440@mail.nwmissouri.edu
SID Fax: 660-562-1582

Men's Team Ends Season After Third Place Finish in MIAA

The Northwest Missouri State men's cross country team closed out the season Nov. 5, placing seventh in the NCAA South Central Regional Meet. The team placed third at the MIAA Championships on Oct. 22, its best team finish since 1998. Other notable team performances came when they finished second at the Dean White Invitational (Sept. 24) and Concordia Invitational (Oct. 1). The season marked coach Richard Alsup's 29th year in charge of men's cross country.

Brandon Dart (So., Fremont, Neb.)

Finished in the top three on the team in five of six races...Finished second for Northwest twice this year...Finished ninth overall at the Concordia Invitational on Oct. 8, running 27:04.

Anthony Davidson (So., Grant City, Mo.)

Finished seventh for the Bearcats at the Woody Greeno/UNL Invite on Sept. 17...Finished 23rd overall at the Dean White Invitational on Oct. 8, running 30:45.27 in the 8K run.

Austin Huerta (Fr., Mesa, Ariz.)

Finished in the top five for the Bearcats in six races this season...Placed tenth overall and third for Northwest in the Concordia Invitational on Oct. 8, running 27:28.

Jeff Kangar (So., Omaha, Neb.)

Placed in the top five for Northwest in four races...Highest overall finish of 13th at the Dean White Invitational on Oct. 8.

Devin McCall (Jr., High Ridge, Mo.)

Finished 14th overall and fifth for Northwest at NCAA Regional Meet...Ran fastest time for 8K at MIAA Championships with 27:26.6.

Daniel Pescador (Jr.-RS, Chandler, Ariz.)

Ran in one race this season, finishing 19th in the Dean White Invitational on Oct. 8.

Matt Pohren (Jr., Omaha, Neb.)

Finished in the top-two for Northwest in every race this season, finishing first four times...Finished sixth at the MIAA Championship meet, the highest individual finisher for the Bearcats in the conference meet since 1998...Highest overall finish of third at Concordia on Oct. 8.

Jeff Ritchie (Fr., Bedford, Iowa)

Ran in one race this season, finishing 62nd at the CMSU Mule Run on Sept. 9.

Brad Sorenson (Fr., Clarinda, Iowa)

Highest finish of fifth for Northwest at the Woody Greeno/UNL Invite on Sept. 17...Had his highest overall finish of 30th at the Concordia Invitational on Oct. 8.

Bryan Touney (Jr., Lake Lotawana, Mo.)

Finished in the top five for the Bearcats in every race this season...Highest finish of third on the team at NCAA Regional Meet, finishing 25th overall...Had highest overall finish of 12th at Concordia Invitational.

Drew Wilson (Jr., Stanton, Iowa)

Honored as MIAA Runner of Week for week of Sept. 26...Finished first overall at the Dean White Invitational on Oct. 8, the first Bearcat runner to place first overall since Sept. 4, 1998, by Bryce Good in the Bearcat Distance Classic...Placed eighth in the MIAA Championship meet on Oct. 29.



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2005 Northwest Women's Cross Country Season Recap

Four New Times Enter All-Time List for Bearcats at Close of 2005 Season

The women's cross country finished out the year with a 12th place finish in the NCAA South Central Regional meet on Nov. 5. The Bearcats saw four new times enter the school's 6K all-time list, including the top two times. The team placed third in the Concordia Invitational on Oct. 8, fourth in the CU/UNO Open on Sept. 6, and fifth as a team at the CMSU Mule Run (Sept. 9). Head coach Scott Lorek completed his second season at Northwest.

Heather Brokaw (Sr., Lake St. Louis, Mo.)

Finished in the top-three for Northwest in three races this season... Finished 23rd overall at MIAA Championships on Oct. 29, running the school's fifth fastest time in the 6K with 23:14.3.

Kristen Degase (Fr., Maryville, Mo.)

Finished in the top-five for Northwest twice this season... Finished 30th at Concordia Invitational Oct. 8, running 22:09.

Amanda Gray (Fr., Rock Port, Mo.)

Finished in the top-five for Northwest three times this season... Placed highest overall at the Concordia Invitational, finishing 26th with a time of 21:41... Placed fourth for Northwest in NCAA Regional meet.

Lacey Jackson (Jr., Emerson, Iowa)

Finished 81st at CU/UNO Invitational on Sept. 3, running the 5K race in 25:02.78... Finished ninth for Northwest at the Woody Greeno/UNL Invite on Sept. 23.

Krista Martine (So., Liberty, Mo.)

Finished fifth for Northwest at NCAA Regional Meet, finishing in 28:24.4... Finished 31st overall at the Concordia Invitational with a time of 22:25.

Dia McKee (Sr., O'Fallon, Mo.)

Finished in the top five for Northwest in five races this season... Highest overall finish of 17th at Concordia Invitational... Currently holds the fourth fastest time in 6K run, set in 2002.

Maggie McManigal (Fr., Colorado Springs, Colo.)

Finished in the top-three for Northwest in seven races this season... Finished 14th overall at Concordia Invitational with time of 20:31.

Anna O'Brien (Fr., Easton, Mo.)

Currently holds the school record in the 6K run, with a 22:41.1 run and 11th pace finish at the MIAA Championship Meet on Oct. 29... Also currently seventh in the school's all-time record list in the 6K run, with a 35th place finish at the Woody Greeno/UNL Invite, running 23:23... Finished in the top-ten overall in three races... Finished first for the Bearcats in every meet this season.

Kara Poehlman (Jr., Kansas City, Mo.)

Ran in one race this season, finishing 247th at the Woody Greeno/UNL Invite with a time of 27:57.

Carly Reinoehl (Fr., Kansas City, Mo.)

Finished 32nd at the Concordia Invitational, with a time of 22:33... Highest finish for Northwest was seventh at Woody Greeno/UNL Invite on Sept. 23.

Karah Spader (So., York, Neb.)

Finished second for Northwest in every race this season... Currently holds the second fastest time in the school's all-time list in 6K of 22:59.8, recorded in her 17th place finish at MIAA Championships on Oct. 29... Finished seventh overall at Concordia Invitational in 19:37.

Megan Tinsley (Fr., Liberty, Mo.)

Finished 36th at Concordia Invitational Oct. 8 with time of 23:22... Ran fastest personal 5K at Concordia in 23:22.

Emily Von Weihe (So., Treynor, Iowa)

Finished sixth for the Bearcats four times this season... Highest overall finish of 29th at Concordia Invitational, running 21:54.

Jennifer Williams (Jr., Columbus, Neb.)

Highest overall finish of 37th at Concordia Invitational on Oct. 8... Finished 26th at CU/UNO Invitational on Sept. 3.

Northwest Cross Country Records

Women's 6K

Athlete	Time	Course	Year
1. Anna O'Brien	22:41.1	Pittsburg, Kan.	2005
2. Karah Spader	22:59.8	Pittsburg, Kan.	2005
3. Megan Carlson	23:10	Hillsdale, Mich.	1998
4. Dia McKee	23:12	Joplin, Mo.	2002
5. Heather Brokaw	23:14.3	Pittsburg, Kan	2005
6. Ashley Grosse	23:22.7	Joplin, Mo.	2004
7. Anna O'Brien	23:23	Lincoln, Neb.	2005
8. Lindsey Borgstadt	23:28	Hillsdale, Mich.	1998
9. Karah Spader	23:29.2	Joplin, Mo.	2004
10. Rebecca Glassel	23:32	Rolla, Mo.	1999



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2005 Individual and Team Results

Race #1

CU/UNO Invitational, Omaha, Neb. - Sept. 6

Women - 4th

9. Anna O'Brien (20:26.03)
18. Karah Spader (21:25.35)
31. Maggie McManigal (22:28.31)
33. Dia McKee (22:42.16)
35. Kristen Degase (23:00.71)
37. Emily Von Weihe (23:42.87)
38. Heather Brokaw (23:53.23)
42. Carly Reinoehl (24:28.13)
43. Krista Martine (24:51.40)
44. Lacey Jackson (25:02.78)
45. Megan Tinsley (25:08.88)
46. Jennifer Williams (25:21.58)
47. Kara Poehlman (25:32.95)

Race #2

CMSU Mule Run, Warrensburg, Mo. - Sept. 9

Men - 5th, Women - 5th

• Men's Results

13. Matt Pohren (21.13.10)
22. Brandon Dart (21:38.92)
24. Drew Wilson (21:47.19)
34. Bryan Touney (22:00.29)
44. Austin Huerta (22:18.93)
57. Brad Sorenson (22:34.62)
62. Jeff Ritchie (22:43.81)
82. Devin McCall (23:26.77)
90. Anthony Davidson (23:59.03)

• Women's Results

5. Anna O'Brien (15:05.98)
15. Karah Spader (15:35.34)
33. Heather Brokaw (16:10.69)
34. Maggie McManigal (16:12.33)
49. Amanda Gray (16:49.03)
52. Emily Von Weihe (16:53.46)
54. Dia McKee (16:57.80)
62. Kristen Degase (17:27.16)
77. Carly Reinoehl (17:54.41)
81. Lacey Jackson (18:14.43)
85. Krista Martine (18:32.43)
91. Megan Tinsley (18:48.81)
94. Jennifer Williams (18:58.70)

Race #3

Woody Greeno/UNL Invite, Lincoln, Neb. - Sept. 17

Men - 19th, Women - 19th

• Men's Results

65. Matt Pohren (27:06)
79. Drew Wilson (27:16)
111. Brandon Dart (27:39)
151. Bryan Touney (28:10)
203. Brad Sorenson (29:05)
211. Devin McCall (29:12)
295. Anthony Davidson (31:51)

300. Austin Huerta (32:14)

• Women's Results

35. Anna O'Brien (23:23)
70. Karah Spader (24:08)
94. Maggie McManigal (24:35)
161. Dia McKee (25:43)
178. Kristen Degase (26:03)
204. Emily Von Weihe (26:35)
228. Carly Reinoehl (27:16)
229. Amanda Gray (27:18)
237. Lacey Jackson (27:42)
242. Kara Poehlman (27:57)
247. Krista Martine (28:15)
251. Jennifer Williams (28:26)
252. Megan Tinsley (28:36)

Race #4

Dean White Invitational, Crete, Neb. - Sept. 24

Men - 2nd

1. Drew Wilson (26:22.86)
3. Matt Pohren (26:44.96)
10. Brandon Dart (28:05.22)
12. Austin Huerta (28:28.51)
13. Jeff Kangar (28:31.91)
14. Devin McCall (28:40.57)
19. Daniel Pescador (29:30.21)
23. Anthony Davidson (30:45.27)

Race #5

Loyola Lakefront Invite, Chicago, Ill.

- Oct. 1

Women - 8th

14. Anna O'Brien (19:08)
47. Karah Spader (19:53)
50. Heather Brokaw (19:54)
68. Maggie McManigal (20:17)
96. Dia McKee (20:42)
131. Amanda Gray (21:30)
148. Emily Von Weihe (21:44)
155. Kristen Degase (21:50)
203. Carly Reinoehl (22:56)
239. Lacey Jackson (23:39)

Race #6

Concordia Invitational, Seward, Neb.

- Oct. 8

Men - 2nd, Women - 3rd

• Men's Results

6. Matt Pohren (26:41)
9. Brandon Dart (27:04)
10. Austin Huerta (27:28)
12. Bryan Touney (27:40)
20. Jeff Kanger (28:04)
23. Devin McCall (28:12)
30. Brad Sorenson (28:41.78)
38. Anthony Davidson (30:13)

• Women's Results

6. Anna O'Brien (19:36)

7. Karah Spader (19:37)

14. Maggie McManigal (20:31)
17. Dia McKee (20:34.99)
26. Amanda Gray (21:41)
29. Emily Von Weihe (21:54)
30. Kristen Degase (22:09)
31. Krista Martine (22:25)
32. Carly Reinoehl (22:33)
35. Lacey Jackson (23:16)
36. Megan Tinsley (23:22)
37. Jennifer Williams (23:26)

Race #7

MIAA Championships, Pittsburg, Kan. - Oct. 22

Men - 3rd, Women - 6th

• Men's Results

6. Matt Pohren (25:41.9)
8. Drew Wilson (25:51.5)
12. Brandon Dart (26:02.8)
22. Jeff Kanger (26:35.8)
25. Bryan Touney (26:52.1)
28. Austin Huerta (27:03.9)
40. Devin McCall (27:26.6)
45. Jeff Ritchie (27:58.7)
49. Brad Sorenson (28:30.7)
52. Anthony Davidson (29:11.6)

• Women's Results

11. Anna O'Brien (22:41.1)
17. Karah Spader (22:59.8)
23. Heather Brokaw (23:14.3)
37. Dia McKee (23:57.4)
44. Maggie McManigal (24:18.4)
49. Amanda Gray (25:07.1)
52. Krista Martine (26:11.1)
53. Emily VonWeihe (26:21.7)
54. Kristen Degase (26:31.4)
55. Carly Reinoehl (25:51.0)

Race #8

NCAA D-II South Central Regional, Abilene, Tex. - Nov. 5

Men - 6th, Women - 12th

• Men's Results

26. Drew Wilson (34:54.7)
27. Matt Pohren (34:58)
30. Bryan Touney (35:11)
43. Austin Huerta (35:56.1)
44. Jeff Kanger (35:59.65)
54. Brandon Dart (36:56.25)
65. Devin McCall (37:17)

• Women's Results

31. Anna O'Brien (24:42.5)
33. Karah Spader (24:42.7)
64. Maggie McManigal (25:53.5)
96. Amanda Gray (27:57.6)
103. Krista Martine (28:24.4)
113. Heather Brokaw (29:45.35)