



2006 Bearcat Cross Country



Cross Country Contact - Nate Thompson • s260451@nwmissouri.edu • 660.562.1118

2006 Men's Cross Country Season Recap

2006 Cross Country Schedule

Date	Meet	Location	Time/Result
Sept. 2	Alumni Meet (Men)	Maryville, Mo.	N/A
Sept. 8	UCM Mule Run	Warrensburg, Mo.	M-2nd/W-6th
Sept. 16	Woody Greeno/UNL Invite	Lincoln, Neb.	M-T5th/W-9th
Sept. 23	Roy Griak Invitational (Men)	St. Paul, Minn.	17th
Sept. 30	Rhodes Invitational (Women)	Memphis, Tenn	2nd
Oct. 6	Coyote Invitational	Vermillion, S.D.	N/A
Oct. 21	MIAA Championships	Bolivar, Mo.	M-5th/W-8th.
Nov. 4	NCAA South Central Regionals	Warrensburg, Mo.	M-7th/W-10th
Nov. 18	NCAA D-II Championships	Pensacola, Fla.	TBA

All Times CST

Home games in BOLD held on Northwest Missouri State campus

General Information

Name of School: ... Northwest Missouri State University
City/Zip: Maryville, MO 64468
Founded: 1905
Enrollment: 6,400
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
Tickets Phone: 660-562-1212
Website: www.NorthwestBearcats.com
Home Course: Mazingo Golf Course

Athletic Media Relations

Director: Chad Waller
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Men's Team Ends Season in Fifth place in MIAA

The Northwest Missouri State men's cross country season came to an end on Nov. 4th at the NCAA South Central Regionals, finishing in seventh place. The team finished in fifth place at the MIAA Championships on Oct. 21. The best finish the men had was second place at the UCM Mule Run on Sept. 8. The men also had a fifth place finish at the Woody Greeno/UNL Invite on Sept. 23.

Brandon Dart (Jr., Freemont, Neb.)

Finished in the top five for Northwest in every single meet this year...Finished second for Northwest once this year...Best overall finish this year was 12th place at the UCM Mule Run on Sept. 8, with a time of 20:48.79.

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

Finished top five for Northwest once this year in 66th place at the MIAA Championships on Oct. 21, with a time of 27:50.81...Best overall finish was 22nd place at the Coyote Invitational with a time of 29:50.60 in the 8K.

Bichok Deng (Jr., Marshalltown, Iowa)

Finished top four for Northwest every meet this year...Finished second for Northwest twice this year...Finished in seventh place at the Coyote Invitational and 20th place at the NCAA Regionals with times of 27:12.72 in the 8K and 33:04.20 in the 10K.

Ryan Gates (Fr., Neosho, Mo.)

Finished in 24th place at the Coyote Invitational with a time of 30:09.08 in the 8K... Finished in 69th place at the MIAA Championships with a time of 28:04.85.

Austin Huerta (So., Mesa, Ariz.)

Finished top five for Northwest in five out of his six races this year...Best overall Northwest finish was third placing 29th overall at the MIAA Championships with a time of 26:05.47.

Alex Oliver (Jr., Woodbine, Iowa)

Competed in four meets this year...Finished in 27th place at the Coyote Invitational with a time of 31:29.28...Finished in 71st place at the MIAA Championships with a time of 31:16.83.

Matt Pohren (Sr., Omaha, Neb.)

Was the top Bearcat runner this year...Finished first for Northwest every single meet... Finished in second place at the Coyote Invitational with a time of 26:13.12...Finished in fifth place at the MIAA Championships with a time of 24:58.75 which gave him All-MIAA status.

Jeff Ritchie (So., Bedford Iowa)

Competed in three meets this year...Finished in 73rd place overall, sixth for Northwest, at the UCM Mule Run with a time of 22:43.72.

Jesse Sewell (So., St. Ambrose, Iowa)

Finished in the top five for Northwest once this year at the UCM Mule Run, finishing in 57th place with a time of 22:22.59.

Brad Sorensen (So., Clarinda, Iowa)

Top finish for Northwest was fourth place at the MIAA Championships with a time of 25:59.87 in 52nd place...Best overall finish was 16th place at the Coyote Invitational.

Drew Wilson (Sr., Stanton, Iowa)

Finished in second place for Northwest three out of his four races...Best Finish was eighth place at the Coyote Invitational with a time of 27:25.16...Was unable to participate in the last two meets due to an injury.



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2006 Women's Cross Country Season Recap

Women's Team Ends Season in Eighth Place in MIAA

The Northwest Missouri State women's cross country season came to an end on Nov. 4th at the NCAA South Central Regionals, finishing in tenth place. The women placed in eighth place at the MIAA Championships. The best women's finish was second place at the Rhodes Invitational on Sept. 30.

Anne Benedict (Fr., St. Joseph, Mo.)

Finished in fourth place for Northwest twice this season...Finished in 56th place at the UCM Mule Run with a time of 16:29.38...Best overall finish was 18th place at the Coyote Invitational with a time of 22:05.79.

Jane Bowness (Fr., Steelville, Mo.)

Finished fifth for Northwest four times with a 17th overall finish at the Coyote Invitational with a time of 21:34.04...Finished in 52nd at the MIAA Championships with a time of 24:51.09.

Kristen Degase (So., Steelville, Mo.)

Competed in four races this season...Best overall finish was 22nd place at the Rhodes Invitational (Sept.30) with a time of 20:52.05.

Jennifer Dittburner (Fr., Scottsdale, Ariz.)

Finished in third place for Northwest in five of her six meets...Top finish was 14th place at the Coyote Invitational with a time of 20:55.13.

Kim Eversgerd (Fr., Wathena, Kan.)

Competed in five races this season...Best overall finish was 21st place at the Coyote Invitational with a time of 22:24.37...Best Northwest finish was sixth place at Woody Greeno/UNL Invitational.

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

Best Northwest finish was seventh place at the Coyote Invitational with a time of 22:09.19...Finished in 65th place at the MIAA Championships with a time of 26:06.70.

Mandee Johnson (Fr., Lawson, Mo.)

Competed in three races this season...Finished ninth for Northwest at the Woody Greeno/UNL Invitational, 176th overall, with a time of 27:54.30.

Kim Homan (Jr., Lee's Summit, Mo.)

Raced in four meets this year...Finished tenth for Northwest three times this year...Best overall finish was 23rd at the Coyote Invitational with a time of 22:44.75.

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

Finished top five for Northwest twice this season...Best overall finish was 26th place at the Rhodes Invitational with a time of 21:05.46.

Blair Sample (Fr., St. Joseph, Mo.)

Finished top five for Northwest twice this year...Finished in 75th place at the NCAA Regional meet with a time of 24:47.20...Finished in 16th place at the MIAA Championships.

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

Top Bearcat runner this year...Finished first for Northwest in every single meet this year except for at the NCAA Regionals where she finished second for Northwest...Finished in first place at the Rhodes Invitational with a time of 19:07.10 which was the first time a Northwest runner has taken first since 1998...Finished in fifth place at the Coyote Invitational with a time of 19:19.54.

Tennil Shearer (Fr., Independence, Mo.)

Competed in three races this year...Finished 24th place at the Coyote Invitational with a time of 23:22.33.

Karah Spader (Jr., York, Neb.)

Finished second for Northwest in every meet this year except for at the NCAA Regional meet where she finished in first for Northwest, 35th overall, with a time of 23:22.10...Best overall finish was third place at the Rhodes Invitational with a time of 19:19.52.

Megan Tinsley (So., Liberty, MO.)

Raced in three meets this season...Finished 12th for Northwest twice this season...Best overall finish was 26th place at the Coyote Invitational with a time of 23:48.64.



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2006 Individual and Team Results

Race #1 - Sept. 8

Central Missouri State Mule Run
Warrensburg, Mo.

• Men 4 Mile - 2nd

- 5. Matt Pohren (20:26.25)
- 9. Drew Wilson (20:39.48)
- 12. Brandon Dart (20:48.79)
- 22. Bichok Deng (21:10.37)
- 57. Jesse Sewell (22:22.29)
- 73. Jeff Ritchie (22:43.72)
- 83. Austin Huerta (23:04.53)
- 88. Ryan Gates (23:20.16)
- 99. Anthony Davidson (23:34.46)
- 128. Alex Oliver (25:30.21)

• Women 2.5 Mile - 6th

- 8. Anna O'Brien (15:04.45)
- 19. Karah Spader (15:26.46)
- 41. Jennifer Dittburner (15:57.86)
- 56. Anne Benedict (16:29.38)
- 64. Jane Bowness (16:45.11)
- 68. Blair Sample (16:54.12)
- 69. Maggie McManigal (16:54.50)
- 77. Kimberly Eversgerd (17:10.05)
- 78. Amanda Gray (17:13.28)
- 82. Kim Homan (17:25.82)
- 83. Mandee Johnson (17:28.69)
- 98. Tennille Shearer (18:14.39)
- 103. Megan Tinsley (18:33.42)

Race #2 - Sept. 16

Woody Greeno/UNL Invitational
Lincoln, Neb.

• Men 8K - T-5th

- 18. Matt Pohren (26:48.10)
- 33. Drew Wilson (27:23.45)
- 52. Bichok Deng (27:50.40)
- 61. Brandon Dart (28:04.30)
- 125. Auston Huerta (29:08.30)
- 172. Brad Sorensen (30:07.50)
- 187. Jeff Ritchie (30:28.50)
- 219. Anthony Davidson (31:12.15)
- 229. Ryan Gates (31:31.45)
- 234. Jesse Sewell (31:45.35)
- 276. Alex Oliver (34:36.65)

• Women 6K - 9th

- 29. Anna O'Brien (24:09.20)
- 46. Karah Spader (24:48.95)
- 75. Jennifer Dittburner (25:23.50)
- 106. Maggie McManigal (26:08.50)
- 143. Anne Benedict (27:00.10)
- 156. Kim Eversgerd (27:18.40)
- 171. Blair Sample (27:44.45)
- 175. Amanda Gray (27:51.95)
- 176. Mandee Johnson (27:54.30)
- 184. Kimberly Homan (28:19.25)
- 202. Jane Bowness (28:59.50)
- 214. Megan Tinsley (29:38.10)
- 222. Tennille Shearer (30:26.85)

Race #3 (Men) - Sept. 23

Roy Griak Invitational
St. Paul, Minn.

• Men 8K - 17th

- 41. Matt Pohren (26:55.15)
- 80. Drew Wilson (27:22.15)
- 88. Bichok Deng (27:31.80)
- 124. Brandon Dart (27:57.80)
- 241. Auston Huerta (29:22.35)
- 271. Brad Sorensen (29:52.65)
- 280. Ryan Gates (30:03.45)
- 358. Jeff Ritchie (30:09.80)
- 396. Jesse Sewell (30:46.70)
- 424. Anthony Davidson (31:25.95)

Race #3 (Women) - Sept. 30

Rhodes Invitational

Memphis, Tenn.

• Women 5k - 2nd

- 1. Anna O'Brien (19:07.10)
- 3. Karah Spader (19:19.52)
- 18. Jennifer Dittburner (20:43.64)
- 22. Kristen Degase (20:52.05)
- 26. Maggie McManigal (21:05.46)
- 30. Anne Benedict (21:21.37)
- 32. Jane Bowness (21:32.77)
- 39. Blair Sample (21:51.16)
- 40. Kim Eversgerd (21:51.86)
- 44. Amanda Grey (21:59.42)
- 46. Kim Homan (22:08.23)
- 52. Mandee Johnson (22:25.22)

Race #4 - Oct. 6

Coyote Invitational
Vermillion, S.D.

Men 8K

- 2. Matt Pohren - 26:13.12
- 7. Bichok Deng - 27:12.72
- 8. Drew Wilson - 27:25.16
- 11. Auston Huerta - 28:19.74
- 12. Brandon Dart - 28:25.67
- 16. Brad Sorensen - 29:03.10
- 22. Anthony Davidson - 29:50.60
- 23. Jesse Sewell - 29:55.29
- 24. Ryan Gates - 30:09.08
- 27. Alex Oliver - 31:29.28

Men 4K

- 6. Abraham Mayola - 15:19.13

Women 5K

- 5. Anna O'Brien - 19:19.54
- 6. Karah Spader - 19:25.15
- 14. Jennifer Dittburner - 20:55.13
- 16. Blair Sample - 21:24.18
- 17. Jane Bowness - 21:34.04
- 18. Anne Benedict - 22:05.79
- 19. Amanda Gray - 22:09.19
- 21. Kim Eversgerd - 22:24.37
- 22. Kristen Degase - 22:35.83
- 23. Kim Homan - 22:44.75
- 24. Tennille Shearer - 23:22.33
- 26. Megan Tinsley - 23:48.64

Race #5 - Oct. 21

MIAA Championships
Bolivar, MO.

Men 8K - 5th

- 5. Matt Pohren - 24:58.75
- 21. Brandon Dart - 25:52.92
- 29. Auston Huerta - 26:05.47
- 52. Brad Sorensen - 25:59.87
- 66. Anthony Davidson - 27:50.81
- 69. Ryan Gates - 28:04.85
- 70. Jesse Sewell - 28:19.00
- 71. Alex Oliver - 31:16.83

Women 5K - 8th

- 18. Anna O'Brien - 22:45.09
- 21. Karah Spader - 22:53.80
- 50. Jennifer Dittburner - 24:50.15
- 51. Anne Benedict - 24:50.58
- 52. Jane Bowness - 24:51.09
- 53. Kristen Degase - 24:52.49
- 54. Blair Sample - 24:58.82
- 59. Maggie McManigal - 25:16.23
- 62. Kim Eversgerd - 25:31.01
- 65. Amanda Gray - 26:06.70

Race #6 - Nov. 4

NCAA South Central Regionals
Warrensburg, MO.

Men 10K - 7th

- 15 Pohren, Matt 32:46.10
- 20 Deng, Bichok 33:04.20
- 39 Dart, Brandon 33:56.70
- 53 Huerta, Austin 34:48.30
- 74 Sorensen, Brad 35:34.80
- 89 Davidson, Anthony 36:58.50
- 93 Gates, Ryan 37:34.60

Women 6K - 10th

- 35 Spader, Karah 23:22.10
- 49 O'Brien, Anna 23:44.60
- 75 Sample, Blair 24:47.20
- 79 Dittburner, Jennifer 24:55.70
- 81 Bowness, Jane 24:56.00
- 91 Benedict, Anne 25:39.50
- 92 Degase, Kristen 25:40.40