



Northwest Missouri State University

Athletic Media Relations
Office: (660) 562-1118

Cross Country Release

www.northwestbearcats.com

Oct. 6, 2009

2009 ROSTER

Women	Yr. Hometown (Previous School)
Anna O'Brien	Sr. Easton, Mo. (East Buchanan HS)
Jane Bowness	Sr. Steelville, Mo. (Steelville HS)
Jennifer Dittburner	Jr. Scottsdale, Ariz. (Desert Mountain HS)
Kayli Hrdlicka	Jr. Pella, Iowa (Pella HS)
Mary Jantz	Jr. Beatrice, Neb. (Beatrice HS)
Madison Marshman	Jr. Marshall, Mo. (Marshall HS)
Jessica Nichols	Jr. Louisiana, Mo. (Louisiana HS)
Angela Adams	So. North Kansas City, Mo. (North KC HS)
Jordan Esry	So. Hamilton, Mo. (Penney HS)
Megan McElroy	So. Burke, Va. (Robinson HS)
Kelsey Peters	So. Peculiar, Mo. (Raymore-Peculiar HS)
Leslie Alitz	Fr. Rock Port, Mo.
Katti Carroll	Fr. Clarence, Mo.
Laney Deligianis	Fr. Sugar Grove, Ill.
Virginia Fleer	Fr. Hoskins, Neb. (Windside HS)
Jessica Hugo	Fr. Lincoln, Neb.
Megan Jacobson	Fr. Portsmouth, Iowa
Heidi Johnson	Fr. Clarkdale, Mo. (Maysville HS)
Macauley Montague	Fr. Hermann, Mo.
Brittany Poole	Fr. Omaha, Neb. (Millard West HS)

Men	Yr. Hometown (Previous School)
Ben Chappell	Sr. St. Joseph, Mo. (West Valley (Calif.) Coll.)
Trevor Johannsen	Sr. Clinton, Mo. (Clinton HS)
Chris King	Sr. Redding, Iowa (Mt. Ayr HS)
Daniel Pescador	Sr. Phoenix, Ariz.
Ryan Gates	Jr. Neosho, Mo. (Neosho HS)
Clay Martin	Jr. Blue Springs, Mo. (Blue Springs HS)
Caleb Brumbaugh	So. Lee's Summit, Mo.
Josh Coburn	So. Blue Springs, Mo.
Ryan Darling	So. Prairieville, La. (The Dunham School)
Sean Feehan	So. Pleasant Hill, Mo.
Zach Layton	So. Platte City, Mo. (West Platte HS)
Waylon Martensen	So. California, Mo. (California HS)
Alex Mullock	So. Grant City, Mo. (Worth County HS)
T.R. Pursell	So. Peoria, Ill. (Limestone HS)
Derek Roberts	So. Adel, Iowa (A-D-M HS)
Jared Walker	So. Mt. Pleasant, Iowa (Mt. Pleasant HS)
Spencer Anders	Fr. Kansas City, Mo.
Jacob Henry	Fr. Lee's Summit, Mo.
Carl Larsson	Fr. Jarfella, Sweden
Seth Staalshelm	Fr. Maryville, Mo.

Head Coach: Scott Lorek **Assistant:** Tessa Koschel

Bearcats Will Travel to Indiana

This Week

The Northwest Missouri State men's and women's cross country teams will travel to Terra Haute, Ind. on Saturday for the Gibson Family Invitational, co-hosted by Depauw University and Rose-Hulman Institute of Technology. The meet begins at noon.

Men's Notes

Looking Back at the Emporia State Invitational

Northwest finished second out of 10 teams at the Emporia State Invitational. T.R. Pursell finished first for Northwest and fourth overall with a time of 25:48.49. Trevor Johannsen finished second for Northwest and sixth overall with a time of 26:13.47.

Looking Ahead to the Gibson Family Invitational

The men have not competed at in the Gibson Family Invite before this season. The meet is co-hosted by DePauw and Rose-Hulman.

Women's Notes

Looking Back at the Emporia State Invitational

Northwest finished 1st out of 10 teams at the Emporia State Invitational. Angela Adams finished first for the Bearcats and second overall with a time of 18:45.18. Anna O'Brien finished second for the Bearcats and fourth overall with a time of 19:02.94.

Looking Ahead to the Gibson Family Invitational

This will be the women's first time competing at the Gibson Family Invitational. The meet starts at noon.

Next Up

On Oct. 24th the men and women will head back to Emporia, Kan. for the MIAA Championships.

Date	Meet	Location	Result / Time
Sept. 12	Bearcat/Spoofhound Open	Bearcat Cross Country Course	Women: 1st of 4; Men: 1st of 3
Sept. 19	Woody Greeno/Nebraska Invitational	Lincoln, Neb.	Women: 10th of 27; Men 7th of 26
Oct. 3	Emporia State Invitational	Emporia, Kan.	Women: 1st of 10; Men 2nd of 10
Oct. 10	Gibson Family Invitational	Terre Haute, Ind.	
Oct. 24	MIAA Championships	Emporia, Kan.	
Nov. 7	NCAA South Central Regional	Abilene, Texas	
Nov. 21	NCAA Championships	Evansville, Ind.	

