

# 2009 Frontier Conf XC Champs

Sugar House Park

Salt Lake City, UT

November 6, 2009

## Men's 8K

Overall	Bib	Name	Class	Team	Time	Score
1.	24	Sean Huey	Jr	1. Lewis-Clark State College	27:08.3	1.
2.	36	Eric Tuwei	Sr	2. Lewis-Clark State College	27:28.5	2.
3.	29	Jake Miller	Jr	3. Lewis-Clark State College	27:30.6	3.
4.	22	Grant Eldridge	So	4. Lewis-Clark State College	27:38.3	4.
5.	28	Chris McConnell	Jr	5. Lewis-Clark State College	27:43.6	5.
6.	60	Cesar Mireles	Jr	1. Rocky Mountain College	27:46.4	6.
7.	31	Josh Shrewsbury	Fr	6. Lewis-Clark State College	27:47.5	7.
8.	53	Eayoall Atsbeha	Jr	2. Rocky Mountain College	27:55.0	8.
9.	71	Cullen Cantwell	Jr	1. University of Great Falls	28:07.7	9.
10.	72	Shane Donaldson	So	2. University of Great Falls	28:15.7	10.
11.	73	Mitchell Elias	Jr	3. University of Great Falls	28:21.3	11.
12.	58	Noah Kiprono	Fr	3. Rocky Mountain College	28:30.2	12.
13.	32	Tanner Smedley	Fr	7. Lewis-Clark State College	28:35.7	13.
14.	21	Tommy Bollinger	Fr	8. Lewis-Clark State College	28:48.2	--
15.	6	Taylor Gregory	Jr	1. Carroll College	28:54.0	14.
16.	30	Nick Pierson	Fr	9. Lewis-Clark State College	28:54.4	--
17.	3	Caleb Deitz	Fr	2. Carroll College	29:05.5	15.
18.	61	Jason Schuerman	Fr	4. Rocky Mountain College	29:09.8	16.
19.	75	Andrew Hornung	Fr	4. University of Great Falls	29:17.2	17.
20.	57	Joel Harris	Sr	5. Rocky Mountain College	29:20.4	18.
21.	54	Joe Clark	Fr	6. Rocky Mountain College	29:32.8	19.
22.	80	Austin Stuchell	Fr	5. University of Great Falls	29:39.0	20.
23.	1	Andy Burns	Jr	3. Carroll College	29:47.9	21.
24.	26	Frank Lagrimanta	So	10. Lewis-Clark State College	29:48.9	--
25.	79	Jared Reyes	So	6. University of Great Falls	29:52.8	22.
26.	93	Ty Gregg	Fr	1. Westminster College	30:03.7	23.
27.	78	Travis Price	Fr	7. University of Great Falls	30:09.4	24.
28.	35	Conor Thompson	Fr	11. Lewis-Clark State College	30:09.8	--
29.	77	Zachary Liedtke	Jr	8. University of Great Falls	30:16.4	--
30.	8	Tom Murgel	Jr	4. Carroll College	30:16.9	25.
31.	4	Zach Depledge	So	5. Carroll College	30:27.0	26.

32.	59	Richard Knowlton	Fr	7.	Rocky Mountain College	30:30.2	27.
33.	97	David Sondrup	Jr	2.	Westminster College	30:32.8	28.
34.	55	Max Deininger	Fr	8.	Rocky Mountain College	30:36.7	--
35.	74	Mark Hardin	So	9.	University of Great Falls	30:46.0	--
36.	25	Andy Keim	So	12.	Lewis-Clark State College	30:58.2	--
37.	95	Jordan Henderson	Sr	3.	Westminster College	31:07.6	29.
38.	56	Derek Enciso	So	9.	Rocky Mountain College	31:10.8	--
39.	76	Ander Jayo	Fr	10.	University of Great Falls	31:13.6	--
40.	10	Ryan Utsey	So	6.	Carroll College	31:27.2	30.
41.	23	Sean Hagan	So	13.	Lewis-Clark State College	31:32.6	--
42.	70	Stephen Burns	So	11.	University of Great Falls	31:37.3	--
43.	33	Scott Sweet	So	14.	Lewis-Clark State College	32:20.3	--
44.	2	Fred Collins	Jr	7.	Carroll College	32:35.9	31.
45.	94	Nathan Hansen	Fr	4.	Westminster College	33:02.4	32.
46.	7	Tim Meagher	Jr	8.	Carroll College	33:06.3	--
47.	37	Alex Weber	Fr	15.	Lewis-Clark State College	33:30.5	--
48.	92	Chris Cain	Fr	5.	Westminster College	34:42.1	33.
49.	9	Tommy Sullivan	Jr	9.	Carroll College	34:45.5	--
50.	91	David Bonomi	Sr	6.	Westminster College	37:30.2	34.
51.	98	Ben Young	Jr	7.	Westminster College	37:30.6	35.
52.	96	Romnick Poindexter	Sr	8.	Westminster College	37:47.2	--
DNS	27	Dave Marks	Fr	-	Lewis-Clark State College	NA	--
DNS	5	Peter Fey	Jr	-	Carroll College	NA	--
DNS	34	Mickael Testa	So	-	Lewis-Clark State College	NA	--

### Team Results

1.	Lewis-Clark State College	1, 2, 3, 4, 5, (7), (13)	<b>15</b>
2.	Rocky Mountain College	6, 8, 12, 16, 18, (19), (27)	<b>60</b>
3.	University of Great Falls	9, 10, 11, 17, 20, (22), (24)	<b>67</b>
4.	Carroll College	14, 15, 21, 25, 26, (30), (31)	<b>101</b>
5.	Westminster College	23, 28, 29, 32, 33, (34), (35)	<b>145</b>

1. Lewis-Clark State College	15
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Place	Bib	Name	Time	Score	Behind Winner	Spread
1.	24	Sean Huey	27:08.3	<b>1.</b>	NA	} 00:35.3
2.	36	Eric Tuwei	27:28.5	<b>2.</b>	00:20.2	
3.	29	Jake Miller	27:30.6	<b>3.</b>	00:22.3	
4.	22	Grant Eldridge	27:38.3	<b>4.</b>	00:30.0	
5.	28	Chris McConnell	27:43.6	<b>5.</b>	00:35.3	

7.	31	Josh Shrewsbury	27:47.5	(7.)	00:39.2
13.	32	Tanner Smedley	28:35.7	(13.)	01:27.4
14.	21	Tommy Bollinger	28:48.2	NS	01:39.9
16.	30	Nick Pierson	28:54.4	NS	01:46.1
24.	26	Frank Lagrimanta	29:48.9	NS	02:40.6
28.	35	Conor Thompson	30:09.8	NS	03:01.5
36.	25	Andy Keim	30:58.2	NS	03:49.9
41.	23	Sean Hagan	31:32.6	NS	04:24.3
43.	33	Scott Sweet	32:20.3	NS	05:12.0
47.	37	Alex Weber	33:30.5	NS	06:22.2

1. (Total time for scoring runners: 2:17:29.3) **15**

2. Rocky Mountain College 60

Place	Bib	Name	Time	Score Behind Winner	Spread
6.	60	Cesar Mireles	27:46.4	<b>6.</b>	00:38.1
8.	53	Eayoall Atsbeha	27:55.0	<b>8.</b>	00:46.7
12.	58	Noah Kiprono	28:30.2	<b>12.</b>	01:21.9
18.	61	Jason Schuerman	29:09.8	<b>16.</b>	02:01.5
20.	57	Joel Harris	29:20.4	<b>18.</b>	02:12.1
21.	54	Joe Clark	29:32.8	(19.)	02:24.5
32.	59	Richard Knowlton	30:30.2	(27.)	03:21.9
34.	55	Max Deininger	30:36.7	NS	03:28.4
38.	56	Derek Enciso	31:10.8	NS	04:02.5

2. (Total time for scoring runners: 2:22:41.8) **60**

3. University of Great Falls 67

Place	Bib	Name	Time	Score Behind Winner	Spread
9.	71	Cullen Cantwell	28:07.7	<b>9.</b>	00:59.4
10.	72	Shane Donaldson	28:15.7	<b>10.</b>	01:07.4
11.	73	Mitchell Elias	28:21.3	<b>11.</b>	01:13.0
19.	75	Andrew Hornung	29:17.2	<b>17.</b>	02:08.9
22.	80	Austin Stuchell	29:39.0	<b>20.</b>	02:30.7
25.	79	Jared Reyes	29:52.8	(22.)	02:44.5
27.	78	Travis Price	30:09.4	(24.)	03:01.1
29.	77	Zachary Liedtke	30:16.4	NS	03:08.1
35.	74	Mark Hardin	30:46.0	NS	03:37.7
39.	76	Ander Jayo	31:13.6	NS	04:05.3
42.	70	Stephen Burns	31:37.3	NS	04:29.0

3. (Total time for scoring runners: 2:23:40.9) **67**

4. Carroll College 101
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Place	Bib	Name	Time	Score	Behind Winner	Spread
15.	6	Taylor Gregory	28:54.0	<b>14.</b>	01:45.7	
17.	3	Caleb Deitz	29:05.5	<b>15.</b>	01:57.2	} 01:33.0
23.	1	Andy Burns	29:47.9	<b>21.</b>	02:39.6	
30.	8	Tom Murgel	30:16.9	<b>25.</b>	03:08.6	
31.	4	Zach Depledge	30:27.0	<b>26.</b>	03:18.7	
40.	10	Ryan Utsey	31:27.2	(30.)	04:18.9	
44.	2	Fred Collins	32:35.9	(31.)	05:27.6	
46.	7	Tim Meagher	33:06.3	NS	05:58.0	
49.	9	Tommy Sullivan	34:45.5	NS	07:37.2	
<b>4.</b>		(Total time for scoring runners: 2:28:31.3)		<b>101</b>		

5. Westminster College 145
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Place	Bib	Name	Time	Score	Behind Winner	Spread
26.	93	Ty Gregg	30:03.7	<b>23.</b>	02:55.4	
33.	97	David Sondrup	30:32.8	<b>28.</b>	03:24.5	} 04:38.4
37.	95	Jordan Henderson	31:07.6	<b>29.</b>	03:59.3	
45.	94	Nathan Hansen	33:02.4	<b>32.</b>	05:54.1	
48.	92	Chris Cain	34:42.1	<b>33.</b>	07:33.8	
50.	91	David Bonomi	37:30.2	(34.)	10:21.9	
51.	98	Ben Young	37:30.6	(35.)	10:22.3	
52.	96	Romnick Poindexter	37:47.2	NS	10:38.9	
<b>5.</b>		(Total time for scoring runners: 2:39:28.6)		<b>145</b>		

# 2009 Frontier Conf XC Champs

Sugar House Park

Salt Lake City, UT

November 6, 2009

## Women's 5K

Overall	Bib	Name	Class	Team	Time	Score
1.	69	Amber Watson	Jr	1. Rocky Mountain College	19:11.7	1.
2.	105	Amanda Theobald	Sr	1. Westminster College	20:08.4	2.
3.	38	Kyli Astle	Sr	1. Lewis-Clark State College	20:12.5	3.
4.	84	Tiffany Gibson	Sr	1. University of Great Falls	20:16.6	4.
5.	15	Jamie Greene	So	1. Carroll College	20:27.4	5.
6.	44	Kelsey Klettke	So	2. Lewis-Clark State College	20:30.9	6.
7.	50	Lindsay Szybura	Sr	3. Lewis-Clark State College	20:33.6	7.
8.	47	Madison Randall	So	4. Lewis-Clark State College	20:51.7	8.
9.	40	Allie Ford	Fr	5. Lewis-Clark State College	20:53.2	9.
10.	49	Stephanie Shuel	So	6. Lewis-Clark State College	20:59.1	10.
11.	51	Amy Watkins	Fr	7. Lewis-Clark State College	21:15.1	11.
12.	89	Shelby Tritthart	Fr	2. University of Great Falls	21:28.1	12.
13.	13	Shanna Burke	Fr	2. Carroll College	21:29.9	13.
14.	81	Charelle Beatty	Sr	3. University of Great Falls	21:33.1	14.
15.	45	Chelsey Leighton	Fr	8. Lewis-Clark State College	21:38.0	--
16.	64	Shannon Bowers	Jr	2. Rocky Mountain College	21:41.7	15.
17.	43	Taylor Harrington	So	9. Lewis-Clark State College	21:46.3	--
18.	104	Samantha Robinson	So	2. Westminster College	21:54.7	16.
19.	39	Sheree Barbour	Sr	10. Lewis-Clark State College	21:55.0	--
20.	82	Christina Bruce	Fr	4. University of Great Falls	22:06.6	17.
21.	52	Whitlee Young	So	11. Lewis-Clark State College	22:09.0	--
22.	41	Jessie Gulsvig	Jr	12. Lewis-Clark State College	22:14.8	--
23.	67	Carrie Little	Jr	3. Rocky Mountain College	22:18.9	18.
24.	48	Francis Rojas	So	13. Lewis-Clark State College	22:22.4	--
25.	18	Ariel Murtagh	Fr	3. Carroll College	22:27.4	19.
26.	14	Abby Feedback	Sr	4. Carroll College	22:28.8	20.
27.	19	Jacey Stahlberg	Sr	5. Carroll College	22:32.9	21.
28.	42	Casey Hampton	Jr	14. Lewis-Clark State College	22:36.3	--
29.	90	Agnes Wojnar	Fr	5. University of Great Falls	22:38.4	22.
30.	11	Elysia Andrews	Jr	6. Carroll College	22:38.9	23.
31.	66	Katie Carrell	Fr	4. Rocky Mountain College	22:41.8	24.

32.	20	Katlyn Valerio	Jr	7.	Carroll College	22:45.9	25.
33.	12	Hannah Bauthues		8.	Carroll College	23:09.4	--
34.	17	Hillary Jackson	Fr	9.	Carroll College	23:10.3	--
35.	16	Tara Higgins	So	10.	Carroll College	23:13.8	--
36.	88	Tara Tadlock	Fr	6.	University of Great Falls	23:15.7	26.
37.	63	Kristin Ballbach	Sr	5.	Rocky Mountain College	23:41.4	27.
38.	101	Sarah Martin	So	3.	Westminster College	24:04.1	28.
39.	65	Megan Breeding	Fr	6.	Rocky Mountain College	24:06.7	29.
40.	102	Cassie Mulkey	So	4.	Westminster College	24:13.4	30.
41.	83	Nychele Carley	Fr	7.	University of Great Falls	24:16.8	31.
42.	100	Kathy Ho	So	5.	Westminster College	24:33.3	32.
43.	62	Rebecca Baken	Jr	7.	Rocky Mountain College	24:54.4	33.
44.	46	Tammy Parker	Fr	15.	Lewis-Clark State College	24:57.3	--
45.	85	Jenni Hill	So	8.	University of Great Falls	24:58.1	--
46.	86	Amanda Mah	Sr	9.	University of Great Falls	26:05.0	--
47.	103	Allison Perkins	Fr	6.	Westminster College	26:55.1	34.
48.	87	Tina Raynor	Fr	10.	University of Great Falls	27:13.3	--
DNS	99	Helen Ho	Sr	-	Westminster College	NA	--
DNS	68	Lenore Pierson	Fr	-	Rocky Mountain College	NA	--

### Team Results

1. Lewis-Clark State College	3, 6, 7, 8, 9, (10), (11)	<b>33</b>
2. University of Great Falls	4, 12, 14, 17, 22, (26), (31)	<b>69</b>
3. Carroll College	5, 13, 19, 20, 21, (23), (25)	<b>78</b>
4. Rocky Mountain College	1, 15, 18, 24, 27, (29), (33)	<b>85</b>
5. Westminster College	2, 16, 28, 30, 32, (34), (0)	<b>108</b>

1. Lewis-Clark State College 33
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Place	Bib	Name	Time	Score	Behind Winner	Spread
3.	38	Kyli Astle	20:12.5	<b>3.</b>	01:00.8	} 00:40.7
6.	44	Kelsey Klettke	20:30.9	<b>6.</b>	01:19.2	
7.	50	Lindsay Szybura	20:33.6	<b>7.</b>	01:21.9	
8.	47	Madison Randall	20:51.7	<b>8.</b>	01:40.0	
9.	40	Allie Ford	20:53.2	<b>9.</b>	01:41.5	
10.	49	Stephanie Shuel	20:59.1	(10.)	01:47.4	
11.	51	Amy Watkins	21:15.1	(11.)	02:03.4	
15.	45	Chelsey Leighton	21:38.0	NS	02:26.3	
17.	43	Tayler Harrington	21:46.3	NS	02:34.6	

19.	39	Sheree Barbour	21:55.0	NS	02:43.3
21.	52	Whitlee Young	22:09.0	NS	02:57.3
22.	41	Jessie Gulsvig	22:14.8	NS	03:03.1
24.	48	Francis Rojas	22:22.4	NS	03:10.7
28.	42	Casey Hampton	22:36.3	NS	03:24.6
44.	46	Tammy Parker	24:57.3	NS	05:45.6

**1.** (Total time for scoring runners: 1:43:01.9) **33**

**2. University of Great Falls 69**

Place	Bib	Name	Time	Score	Behind Winner	Spread
4.	84	Tiffany Gibson	20:16.6	<b>4.</b>	01:04.9	} 02:21.8
12.	89	Shelby Tritthart	21:28.1	<b>12.</b>	02:16.4	
14.	81	Charelle Beatty	21:33.1	<b>14.</b>	02:21.4	
20.	82	Christina Bruce	22:06.6	<b>17.</b>	02:54.9	
29.	90	Agnes Wojnar	22:38.4	<b>22.</b>	03:26.7	
36.	88	Tara Tadlock	23:15.7	(26.)	04:04.0	
41.	83	Nychele Carley	24:16.8	(31.)	05:05.1	
45.	85	Jenni Hill	24:58.1	NS	05:46.4	
46.	86	Amanda Mah	26:05.0	NS	06:53.3	
48.	87	Tina Raynor	27:13.3	NS	08:01.6	

**2.** (Total time for scoring runners: 1:48:02.8) **69**

**3. Carroll College 78**

Place	Bib	Name	Time	Score	Behind Winner	Spread
5.	15	Jamie Greene	20:27.4	<b>5.</b>	01:15.7	} 02:05.5
13.	13	Shanna Burke	21:29.9	<b>13.</b>	02:18.2	
25.	18	Ariel Murtagh	22:27.4	<b>19.</b>	03:15.7	
26.	14	Abby Feedback	22:28.8	<b>20.</b>	03:17.1	
27.	19	Jacey Stahlberg	22:32.9	<b>21.</b>	03:21.2	
30.	11	Elysia Andrews	22:38.9	(23.)	03:27.2	
32.	20	Katlyn Valerio	22:45.9	(25.)	03:34.2	
33.	12	Hannah Bauthues	23:09.4	NS	03:57.7	
34.	17	Hillary Jackson	23:10.3	NS	03:58.6	
35.	16	Tara Higgins	23:13.8	NS	04:02.1	

**3.** (Total time for scoring runners: 1:49:26.4) **78**

**4. Rocky Mountain College 85**

Place	Bib	Name	Time	Score	Behind Winner	Spread
1.	69	Amber Watson	19:11.7	<b>1.</b>	NA	
16.	64	Shannon Bowers	21:41.7	<b>15.</b>	02:30.0	} 04:29.7
23.	67	Carrie Little	22:18.9	<b>18.</b>	03:07.2	
31.	66	Katie Carrell	22:41.8	<b>24.</b>	03:30.1	
37.	63	Kristin Ballbach	23:41.4	<b>27.</b>	04:29.7	
39.	65	Megan Breeding	24:06.7	(29.)	04:55.0	
43.	62	Rebecca Baken	24:54.4	(33.)	05:42.7	
<b>4.</b>	(Total time for scoring runners: 1:49:35.5)			<b>85</b>		

<b>5. Westminster College 108</b>
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Place	Bib	Name	Time	Score	Behind Winner	Spread
2.	105	Amanda Theobald	20:08.4	<b>2.</b>	00:56.7	
18.	104	Samantha Robinson	21:54.7	<b>16.</b>	02:43.0	} 04:24.9
38.	101	Sarah Martin	24:04.1	<b>28.</b>	04:52.4	
40.	102	Cassie Mulkey	24:13.4	<b>30.</b>	05:01.7	
42.	100	Kathy Ho	24:33.3	<b>32.</b>	05:21.6	
47.	103	Allison Perkins	26:55.1	(34.)	07:43.4	
<b>5.</b>	(Total time for scoring runners: 1:54:53.9)			<b>108</b>		