

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

1. Lewis-Clark State College 15

Place	Bib	Name	Time	Score	Behind Winner	Spread
1.	24	Sean Huey	27:08.3	1.	NA	} 00:35.3
2.	36	Eric Tuwei	27:28.5	2.	00:20.2	
3.	29	Jake Miller	27:30.6	3.	00:22.3	
4.	22	Grant Eldridge	27:38.3	4.	00:30.0	
5.	28	Chris McConnell	27:43.6	5.	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	6.	00:38.1
8.	53	Eayoall Atsbeha	27:55.0	8.	00:46.7
12.	58	Noah Kiprono	28:30.2	12.	01:21.9
18.	61	Jason Schuerman	29:09.8	16.	02:01.5
20.	57	Joel Harris	29:20.4	18.	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	9.	00:59.4
10.	72	Shane Donaldson	28:15.7	10.	01:07.4
11.	73	Mitchell Elias	28:21.3	11.	01:13.0
19.	75	Andrew Hornung	29:17.2	17.	02:08.9
22.	80	Austin Stuchell	29:39.0	20.	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

Place	Bib	Name	Time	Score	Behind Winner	Spread
15.	6	Taylor Gregory	28:54.0	14.	01:45.7	
17.	3	Caleb Deitz	29:05.5	15.	01:57.2	} 01:33.0
23.	1	Andy Burns	29:47.9	21.	02:39.6	
30.	8	Tom Murgel	30:16.9	25.	03:08.6	
31.	4	Zach Depledge	30:27.0	26.	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	
4.		(Total time for scoring runners: 2:28:31.3)		101		

5. Westminster College 145

Place	Bib	Name	Time	Score	Behind Winner	Spread
26.	93	Ty Gregg	30:03.7	23.	02:55.4	
33.	97	David Sondrup	30:32.8	28.	03:24.5	} 04:38.4
37.	95	Jordan Henderson	31:07.6	29.	03:59.3	
45.	94	Nathan Hansen	33:02.4	32.	05:54.1	
48.	92	Chris Cain	34:42.1	33.	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	
5.		(Total time for scoring runners: 2:39:28.6)		145		

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)	33
2. University of Great Falls	4, 12, 14, 17, 22, (26), (31)	69
3. Carroll College	5, 13, 19, 20, 21, (23), (25)	78
4. Rocky Mountain College	1, 15, 18, 24, 27, (29), (33)	85
5. Westminster College	2, 16, 28, 30, 32, (34), (0)	108

1. Lewis-Clark State College 33

Place	Bib	Name	Time	Score	Behind Winner	Spread
3.	38	Kyli Astle	20:12.5	3.	01:00.8	} 00:40.7
6.	44	Kelsey Klettke	20:30.9	6.	01:19.2	
7.	50	Lindsay Szybura	20:33.6	7.	01:21.9	
8.	47	Madison Randall	20:51.7	8.	01:40.0	
9.	40	Allie Ford	20:53.2	9.	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	4.	01:04.9	} 02:21.8
12.	89	Shelby Tritthart	21:28.1	12.	02:16.4	
14.	81	Charelle Beatty	21:33.1	14.	02:21.4	
20.	82	Christina Bruce	22:06.6	17.	02:54.9	
29.	90	Agnes Wojnar	22:38.4	22.	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	5.	01:15.7	} 02:05.5
13.	13	Shanna Burke	21:29.9	13.	02:18.2	
25.	18	Ariel Murtagh	22:27.4	19.	03:15.7	
26.	14	Abby Feedback	22:28.8	20.	03:17.1	
27.	19	Jacey Stahlberg	22:32.9	21.	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	1.	NA	
16.	64	Shannon Bowers	21:41.7	15.	02:30.0	} 04:29.7
23.	67	Carrie Little	22:18.9	18.	03:07.2	
31.	66	Katie Carrell	22:41.8	24.	03:30.1	
37.	63	Kristin Ballbach	23:41.4	27.	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	
4.	(Total time for scoring runners: 1:49:35.5)			85		

5. Westminster College 108

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