

2005 UW-La Crosse Women's Cross Country Results (FINAL)

Date	Event	Place	Score	Location
9-10-05	All-American Invite	1st/8 teams	23.0 pts.	Decorah, Iowa (Luther College - Campus Course)
9-10-05	All-American JV Invite	1st/6 teams	19.0 pts.	Decorah, Iowa (Luther College - Campus Course)
9-23-05	at St. Olaf JV Invitational	No Team Scores	- - -	Northfield, Minn. (St. Olaf College - Campus Course)
9-24-05	at Roy Griak Invitational	1st/24 teams	60.0 pts.	Minneapolis, Minn. (Univ. of Minnesota - Les Bolstad G.C.)
9-30-05	at Blugold Open	1st/20 teams	52.0 pts.	Colfax, Wis. (UW-Eau Claire - Whitetail G.C.)
10-15-05	Tori Neubauer Invitational	1st/22 teams	72.0 pts.	West Salem, Wis. (Maple Grove G.C.)
10-21-05	at Lake Wissota Triangular	2nd/3 teams	32.0 pts.	Chippewa Falls, Wis. (Lake Wissota State Park)
10-29-05	at WIAC Championships	1st/9 teams	38.0 pts.	Superior, Wis. (UW-Superior - Nemadji G.C.)
11-12-05	at NCAA III Midwest Regional	2nd/39 teams	99.0 pts.	Peoria, Ill. (Washington Univ./Greenville College - Detweiler Park)
11-19-05	at NCAA III Championships	4th/24 teams	167.0 pts.	Delaware, Ohio. (Ohio Wesleyan - Dornoch G.C.)

Home meets in **bold**

Sept. 10 - Luther All American Invite

Team Results

1. UW-La Crosse	23
2. Macalester	49
3. Chicago	63
4. Luther	99
5. Coe	157
6. Bethel	174
7. Iowa Central	194
8. Grand View	218

Eagles Individual Results (5K)

1. Julia Rudd	18:10
3. Kristen Painter	19:05
4. Amy Belleba	19:25
6. Meagan Helache	19:30
9. Kristen Howe	19:36
16. Rachel Dedyne	20:09
17. Ariel Perkin	20:14
27. Valerie Vradenburg	20:48
29. Emily Burns	20:59
30. Melissa Palmer	21:01

Sept.10 - Luther All American JV Invite

Team Results

1. UW-La Crosse	19
2. Luther	65
3. Macalester	76
4. Chicago	107
5. N I A C C	121
6. Iowa Lakes	164

Eagles Individual Results (5K)

1. Amy Kempen	20:12
2. Emily Lewandowski	20:16
4. Emily Watson	20:36
5. Jenna Gerten	20:41
7. Caitlin Helgesen	20:49
10. Shari Knapmiller	20:52
11. Lauren Moss	20:54
13. Jenna Hack	21:04
14. Jessie Jewett	21:06
16. Brenna Anderson	21:15
17. Katie Porter	21:19
18. Emily Witzman	21:22
20. Nikki Cahen	21:24
24. Erin Farley	21:30
27. Beth Richmond	21:32
29. Angela Reed	21:40
30. Beth Medinger	21:43
32. Stephanie Perleberg	21:49
38. Sarah Mueller	22:12
40. Amanda Haas	22:17

49. Maggie Leyendecker

22:49

27. Maggie Leyendecker

26:35

58. Anika Tideman

23:22

28. Anika Tideman

27:44

76. Kim Young

24:37

29. Maggie McKone

28:24

83. Maggie McKone

25:04

30. Kim Young

28:29

31. Angela Kutz

28:42

32. Pattie Schonk

28:58

Sept. 24 - Roy Griak Invitational

Team Results (24 teams)

1. UW-La Crosse	60
2. Black Hills State	141
3. North Dakota	155
4. South Dakota	156
5. Wartburg	161
6. UW-Stevens Point	162
7. Concordia-Nebraska	171
8. Augustana	177
9. UW-Oshkosk	199
10. Manitoba	243

Eagles Individual Results (6K)

1. Julia Rudd	21:56
9. Kristen Painter	22:58
17. Amy Belleba	23:23
20. Meagan Herlache	23:24
25. Kristen Howe	23:40
55. Rachel DeDyne	24:20
57. Melissa Palmer	24:24
60. Amy Kempen	24:25
67. Jenna Gerten	24:34
79. Ariel Perkins	24:47
91. Valerie Vradenburg	24:52
92. Emily Burns	24:52
96. Emily Lewandowski	24:53
99. Emily Watson	24:57
159. Brenna Anderson	26:08

Sept. 23 - St. Olaf JV Classic

(No Team Points)

Eagles Individual Results (6K)

1. Caitlin Helgesen	24:28
2. Jessie Jewett	24:37
3. Lauren Moss	24:41
4. Beth Medinger	24:44
5. Jenna Haack	24:48
6. Shari Knapmiller	24:51
7. Angela Reed	24:52
8. Katie Porter	24:52
9. Stephanie Perleberg	25:03
10. Beth Richmond	25:03
11. Nikki Cahen	25:14
15. Emily Witzmann	25:40
16. Amanda Haas	25:43
17. Erin Farley	25:56
18. Sarah Mueller	25:57

Sept. 30 - Blugold Open

Team Results (20 teams)

1. UW-La Crosse	52
2. UW- Eau Claire	80
3. St. Thomas	106
4. Minnesota	120
5. Luther College	153
6. St. Benedict	157
7. UW-River Falls	168
8. Minnesota-Duluth	264
9. St. Scholastica	269
10. St. Olaf	312

Eagles Individual Results (6K)

1. Kristen Painter	22:41.7
8. Meagan Herlache	23:43.0
10. Kristen Howe	23:48.6
14. Rachel DeDyne	24:01.2
19. Amy Kempen	24:08.6
22. Jenna Gerten	24:12.3
24. Emily Lewandowski	24:15.3
25. Ariel Perkins	24:17.0
26. Lauren Moss	24:19.5
30. Melissa Palmer	24:23.3
33. Jessie Jewett	24:26.7
38. Emily Watson	24:34.6
51. Nikki Cahen	24:55.4
54. Angela Reed	25:01.5
57. Valerie Vradenburg	25:04.9
63. Caitlin Helgeson	25:14.3
69. Beth Medinger	25:27.5
70. Shari Knapmiller	25:27.8
79. Brenna Anderson	25:40.9
81. Jenna Haack	25:45.6
87. Emily Witzmann	25:49.7
98. Erin Farley	26:59.2
99. Sarah Mueller	26:03.1
105. Katie Porter	26:07.7
129. Amanda Kiel	26:27.1
142. Beth Richmond	26:43.3
163. Anika Tideman	27:14.5
174. Maggie Leyendecker	27:28.5
202. Amanda Haas	27:57.8
217. Patti Schonk	28:19.5
221. Maggie Mckone	28:23.3

Oct. 15th - Tori Neubauer Invitational**Team Results (22 teams)**

1. UW-La Crosse	72
2. South Dakota State	80
3. UC Riverside	121
4. UW-Eau Claire	159
5. Macalester	199
6. St. Olaf College	200
7. Nebraska Wesleyan	211
8. Wartburg	215
9. Iowa State	222
10. Gustavus Adolphus	260

Eagles Individual Results (6K)

1. Julia Rudd	21:37.9
6. Kristen Painter	21:56.8
16. Meagan Herlache	22:31.6
22. Amy Belleba	22:35.1
27. Kristen Howe	22:48.0
41. Ariel Perkins	23:09.7
43. Amy Kempen	23:11.1
66. Rachel Dedyne	23:33.9
75. Melissa Palmer	23:41.5
79. Lauren Moss	23:44.1
85. Emily Lewandowski	23:49.5
99. Jessie Jewett	23:58.5
101. Jenna Haack	23:59.2
111. Emily Burns	24:05.2
112. Valerie Vradenburg	24:05.5
113. Brenna Anderson	24:07.7
114. Emily Watson	24:10.0
122. Caitlin Helgeson	24:13.4
125. Angela Reed	24:17.1
126. Beth Medinger	24:17.2
141. Nikki Cahen	24:32.4
145. Erin Farley	24:34.1
150. Shari Knapmiller	24:41.7
169. Emily Witzmann	24:58.0
174. Katie Porter	25:03.1
189. Stephanie Perleber	25:12.3
197. Beth Richmond	25:18.4
211. Amanda Kiel	25:34.0
233. Amanda Haas	25:57.2
257. Maggie Leyendecker	26:24.4
259. Sarah Mueller	26:27.8
284. Anika Tideman	27:08.7
299. Kim Young	27:45.7
301. Angela Kutz	27:52.8
306. Maggie Mckone	28:00.8
327. Patti Schonk	28:42.9

Oct. 21, 2005 - Lake Wissota Triangular**Team Results (3 teams)**

1. UW-Stout	23
2. UW-La Crosse	32
3. UW-Eau Claire	130

Eagles Individual Results

3. Emily Burns	19:00
4. Lauren Moss	19:01
6. Stephanie Perleberg	19:19
9. Jenna Haack	19:24
10. Emily Watson	19:26
11. Beth Medinger	19:29
12. Breanna Anderson	19:31
13. Angela Reed	19:32
14. Valerie Vradenburg	19:33
16. Caitlin Helgeson	19:38
17. Beth Richmond	19:42

20. Nikki Cahen	19:54
21. Amanda Haas	20:06
23. Katie Porter	20:11
26. Amanda Kiel	20:33
30. Sarah Mueller	21:08
36. Maggie Leyendecker	21:27
41. Anika Tideman	21:56
42. Kimberly Young	22:04

Oct. 29 - WIAC Championships**Team Results (9 teams)**

1. UW-La Crosse	38
2. UW-Stevens Point	55
3. UW-Oshkosh	105
4. UW-Eau Claire	110
5. UW-Platteville	141
6. UW-River Falls	142
7. UW-Stout	144
8. UW-Whitewater	184
9. UW-Superior	281

Eagles Individual Results (6K)

1. Julia Rudd	21:41.50
4. Kristen Painter	22:15.81
10. Kristen Howe	22:55.84
11. Meagan Herlache	23:07.54
12. Amy Belleba	23:10.91
20. Rachel DeDyne	23:42.59
22. Melissa Palmer	23:46.59
24. Ariel Perkins	23:49.62
31. Emily Lewandowski	24:02.71
43. Amy Kempen	24:21.47
48. Jenna Gerten	24:31.25
54. Emily Burns	24:46.12

Nov. 12 - NCAA III Midwest Regional**Team Results (39 teams)**

1. Washington University	76
2. UW-La Crosse	99
3. UW-Stevens Point	125
4. UW-Eau Claire	194
5. UW-Oshkosh	213
6. Chicago	220
7. Wheaton College	232
8. North Central College	239
9. UW-Platteville	265
10. UW-River Falls	271

Eagles Individual Results (6K)

1. Julia Rudd	21:04.4
5. Kristen Painter	21:29.8
26. Amy Belleba	22:21.6
31. Kristen Howe	22:34.0
36. Meagan Herlache	22:46.1
41. Melissa Palmer	22:51.8
49. Rachel Dedyne	22:59.4

Nov. 19 - NCAA III Championships**Team Results (24 teams)**

1. SUNY-Geneseo	88
2. Williams College	107
3. Washington Univ. (Mo.)	132
4. UW-La Crosse	167
5. Colby College	169
6. Dickinson College	190
7. Amherst College	213
8. Ithaca College	289
9. The College of New Jersey	303
10. UW-Stevens Point	307

Eagles Individual Results (6K)

2. Julia Rudd	21:59.2
35. Kristen Painter	23:01.8
74. Kristen Howe	23:38.7
89. Amy Belleba	23:51.1
91. Meagan Herlache	23:52.6
109. Melissa Palmer	24:08.0
174. Rachel Dedyne	24:50.8