

## 2007 UW-La Crosse Women's Cross Country Results (FINAL)

Date	Event	Place	Score	Location
9-15-07	at St. Olaf Invitational	3rd/25 teams	168.0 pts.	Northfield, Minn. (St. Olaf College - Campus Course)
9-21-07	at UW-Eau Claire Blugold Open	1st/17 teams	57.0 pts.	Colfax, Wis. (UW-Eau Claire - Whitetail G.C.)
9-29-07	at Griak Invitational	4th/42 teams	165.0 pts.	Minneapolis, Minn. (Univ. of Minnesota - Les Bolstad G.C.)
<b>10-13-07</b>	<b>Tori Neubauer Invitational</b>	<b>9th/27 teams</b>	<b>217.0 pts.</b>	<b>West Salem, Wis. (Maple Grove G.C.)</b>
10-19-07	at Lake Wissota JV Meet	No Team Scores		Chippewa Falls, Wis. (Lake Wisota State Park)
10-27-07	at WIAC Championships	3rd/9 teams	77.0 pts.	Winneconne, Wis. (UW-Oshkosh - Lake Breeze G.C.)
11-10-07	at NCAA III Midwest Regional	4th/37 teams	113.0 pts.	Winneconne, Wis. (UW-Oshkosh - Lake Breeze G.C.)
11-17-07	at NCAA III Championships	18th/32 teams	452 pts.	Northfield, Minn. (St. Olaf College - Campus Course)

Home meets in **bold**

### Sept. 15 - St. Olaf Invitational

#### Team Results (25 Teams)

1. UW-Eau Claire	97
2. St. Olaf	142
3. UW-La Crosse	168
4. UW-Platteville	176
5. Wartburg	189
6. Macalester	193
7. Gustabus Adolphus	198
8. Minnesota State Moorhead	220
9. MIT	220
10. Bethel	252

### Sept. 21 - UW-Eau Claire Blugold Open

#### Team Results (17 Teams)

1. UW-La Crosse	57
2. St. Thomas	77
3. Wartburg	88
4. Luther	93
5. Carleton	118
6. Bethel	150
7. Minnesota-Duluth	196
8. Winona State	224
9. UW-Eau Claire	274
10. St. Norbert	307

### Sept. 29 - Roy Griak Invitational

#### Team Results (42 Teams)

1. Washington Univ.	89
2. UW-Platteville	117
3. UW-Eau Claire	128
4. UW-La Crosse	165
5. St. Olaf	195
6. St. Thomas	214
7. Gustavus Adolphus	274
8. Bethel	279
9. Luther	330
10. UW-Whitewater	334

#### Eagles Individual Results (6K)

12. Kristen Howe	23:11
24. Katelyn Williams	23:42
25. Megan Johnson	23:45
53. Erin Farley	24:16
54. Meghan Dugan	24:17
55. Rachel Boldt	24:18
56. Alison Kolinski	24:18
57. Michelle Horn	24:19
65. Lauren Moss	24:26
67. Ellen Kumm	24:28
70. Zoe Browne	24:30
77. Eimily Watson	24:42
79. Whitney Nefstead	24:44
85. Kristina Bennwitz	24:46
112. Mary Olson	25:06
118. Angela Reed	25:16
130. Katie Porter	25:25
131. Kayla La Porte	25:25
132. Amanda John	25:27
134. Courtney Rucker	25:27
138. Caitlin Helgesen	25:33
148. Jessie Goessl	25:45
162. Amy Luell	26:07
164. Samantha Aspenson	26:09
170. Melissa Palmer	26:14
174. Brooke Kalstrom	26:16
177. Amanda Kiel	26:18
185. Danielle Jordon	26:28
201. Kaitlyn Grabanski	26:48
215. Miranda Menke	26:59
229. Katie Vargo	27:12

#### Eagles Individual Results (6K)

7. Kristen Howe	24:06.08
8. Meghan Dugan	24:07.86
10. Katelyn Williams	24:12.20
13. Megan Johnson	24:21.34
27. Erin Farley	24:48.13
31. Whitney Nefstead	24:56.60
32. Lauren Moss	24:57.97
33. Jenna Gerten	25:00.03
37. Alison Kolinski	25:05.82
40. Kristina Bennwitz	25:09.12
42. Eimily Watson	25:10.58
48. Mary Olson	25:21.18
56. Rachel Boldt	25:26.88
57. Zoe Browne	25:27.44
60. Ellen Kumm	25:32.18
70. Bea Foley	25:58.37
72. Kayla Laporte	26:01.22
76. Amy Luell	26:07.36
79. Amanda John	26:09.44
81. Caitlin Helgesen	26:12.65
95. Katie Porter	26:35.70
101. Angela Reed	26:40.62
103. Brooke Kalstrom	26:48.61
109. Melissa Palmer	26:55.04
110. Kaitlyn Grabanski	26:56.19
111. Daniele Jordon	26:56.21
114. Samantha Anderson	27:05.27
117. Amanda Kiel	27:10.35
119. Courtney Rucker	27:10.74
160. Katie Vargo	28:19.75
201. Jenny Heisel	30:07.25
205. Mary Strous	30:22.71

#### Eagles Individual Results (6K)

22. Meghan Dugan	23:40.15
23. Katelyn Williams	23:44.65
29. Megan Johnson	23:58.70
35. Kristen Howe	24:04.15
56. Erin Farley	24:27.30
59. Jenna Gerten	24:31.55
70. Lauren Moss	24:36.55
71. Zoe Browne	24:38.10
91. Rachel Boldt	24:53.20
105. Emily Watson	24:59.85
109. Alison Kolinski	25:01.90
115. Kristina Bennwitz	25:04.65
122. Whitney Nefstead	25:10.40
151. Mary Olson	25:28.55
163. Ellen Kumm	25:37.05
193. Kayla La Port	25:54.10
196. Caitlin Helgesen	25:55.10
197. Amanda John	25:55.15
201. Angela Reed	25:58.10
225. Melissa Palmer	26:07.70
238. Katie Porter	26:15.15
291. Rachel DeDeyne	26:54.30
304. Amanda Kiel	27:05.70

**Oct. 13 - Tori Neubauer Invitational****Team Results (27 Teams)**

1. Minnesota	120
2. South Dakota State	138
3. UW-Eau Claire	141
4. UW-Platteville	155
5. Nebraska Wesleyan	170
6. St. Olaf	181
7. Luther	195
8. Wartburg	200
9. UW-La Crosse	217
10. North Dakota State	247

**Eagles Individual Results (6K)**

21. Katelyn Williams	23:02.97
24. Megan Johnson	23:07.54
49. Jenna Gerten	23:38.92
60. Zoe Browne	23:45.87
63. Meghan Dugan	23:48.86
71. Emily Watson	23:54.60
72. Lauren Moss	23:55.48
74. Kristina Bennwitz	23:55.95
103. Whitney Nefstead	24:14.43
112. Rachel Boldt	24:17.94
113. Alison Kolinski	24:18.19
115. Ellen Kumm	24:18.52
143. Michelle Horn	24:38.41
180. Amanda John	25:01.20
186. Kayla Laporte	25:04.07
190. Katie Porter	25:05.10
194. Angela Reed	25:08.38
195. Bea Foley	25:08.60
204. Caitlin Helgesen	25:13.02
207. Mary Olson	25:14.12
211. Rachel Dedeyn	25:16.57
238. Melissa Palmer	25:37.09
242. Amanda Kiel	25:41.06
254. Amy Luell	25:46.85
293. Brooke Kalstrom	26:22.20
301. Miranda Menke	26:27.59
302. Daniele Jordan	26:28.09
206. Samantha Aspenson	26:32.98
339. Kasey Kallien	26:55.00
403. Mary Strous	28:41.69
410. Jenny Heisel	29:00.96
Erin Farley	DNF

**Oct. 19 - Lake Wissota JV Meet****Team Results**

No Team Scores

**Eagles Individual Results (5K)**

1. Kristina Bennwitz	19:06
2. Rachel Boldt	19:17
3. Whitney Nefstead	19:32
4. Ellen Kumm	19:39
5. Michelle Horn	19:42
7. Katie Porter	19:49
9. Amanda John	19:55
10. Bea Foley	20:00
12. Melissa Palmer	20:06

14. Kayla La Porte	20:16
15. Angela Reed	20:16
17. Mary Olson	20:19
19. Amy Luell	20:20
20. Caitlin Helgesen	20:25
23. Amanda Keil	20:40
30. Kaitlyn Schneiderman	21:03
31. Brooke Kallstrom	21:12
32. Danielle Jordan	21:24
34. Miranda Menke	21:26
41. Mary Strous	22:40
43. Jenny Heisel	23:14

**Oct. 27 - WIAC Championships****Team Results (9 Teams)**

1. UW-Eau Claire	44
2. UW-Platteville	49
3. UW-La Crosse	77
4. UW-Oshkosh	121
5. UW-Stevens Point	131
6. UW-River Falls	167
7. UW-Whitewater	193
8. UW-Stout	202
9. UW-Superior	253

**Eagles Individual Results (6K)**

6. Katelyn Williams	22:27.81
11. Meghan Dugan	22:49.64
15. Jenna Gerten	22:59.47
22. Lauren Moss	23:17.51
23. Kristen Howe	23:20.31
24. Zoe Browne	23:20.68
25. Megan Johnson	23:23.26
28. Emily Watson	23:25.03
32. Kristina Bennwitz	23:29.06
36. Erin Farley	23:44.64
40. Rachel Boldt	23:51.05
46. Alison Kolinski	24:05.60

**Nov. 10 - NCAA III Midwest Regional****Team Results (37 Teams)**

1. Washington Univ.	41
2. UW-Eau Claire	87
3. UW-Platteville	99
4. UW-La Crosse	113
5. UW-Oshkosh	221
6. UW-Stevens Point	223
7. Wheaton (Ill.)	232
8. North Central (Ill.)	269
9. UW-River Falls	302
10. UW-Whitewater	325

**Eagles Individual Results (8K)**

15. Katelyn Williams	22:00.57
18. Kristen Howe	22:16.04
25. Megan Johnson	22:25.39
26. Meghan Dugan	22:26.65
29. Jenna Gerten	22:28.08
38. Zoe Brown	22:44.56
39. Lauren Moss	22:47.43

**Nov. 17 - NCAA III Championships****Team Results (32 Teams)**

1. Amherst	120
2. Plattsburgh State	159
3. Washington University	194
4. Calvin	199
5. Geneseo State	249
6. Case Western	264
7. DePauw	275
8. UW-Eau Claire	285
9. Willamette	300
10. Luther	325
18. UW-La Crosse	452

**Eagles Individual Results (6K)**

55. Katelynn Williams	22:33
106. Meghan Dugan	23:01
113. Kristen Howe	23:04
175. Megan Johnson	23:27
189. Jenna Gerten	23:33
205. Zoe Browne	23:39
211. Lauren Moss	23:42