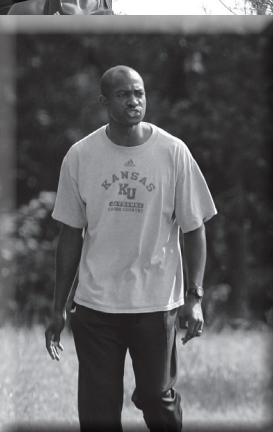




2006 Year in Review





2006 Year in Review

The 2006 Cross Country season was very successful for the men's squad, while providing the women's team reasons to be optimistic for the upcoming year. Juniors Colby Wissel and Paul Hefferon became the first pair of Jayhawks to be named All-Americans since 1994, as the men finished 20th at the NCAA Championships. The young women's squad had many bright spots throughout the season despite the roster consisting of nine freshmen and just one senior.

In the opening meet of the season, the men and women swept the Bob Timmons Invitational at Rim Rock Farm for the second consecutive year. In the men's race, Hefferon (25:38.95) fought off Wissel for the first win of his collegiate career. The men won the 10-team race as seniors Erik Sloan and Tyler Kelly and junior Patrick McGowan all finished within the top 10. Melissa O'Rourke led the Kansas women on their home course with a sixth-place finish (23:14.51), followed by senior Laura Major, who was second on the team with a 12th place showing (23:23.95).



After winning the KSU Wildcat Invitational on Sept. 8, Wissel was recognized as the Big 12 Runner of the Week. Wissel ran a sub 15-minute 5K (14:57.2) to be the first of three consecutive Jayhawks to cross the finish line. Patrick McGowan placed second (15:30.3) and Bret Imgrund rounded out the trio with a time of 15:42.6. The women's team completed the sweep of the Wildcats in the dual meet as the Jayhawks edged Kansas State by one point, 29-28. Alicia McGregor ran the 5K in a time of 18:50.2 to finish third, followed by juniors Lisa Morrissey, Melissa Moody and Hayley Harbert.

BOB TIMMONS INVITATIONAL

Sept. 2 ~ Lawrence, Kan.

Men: 1st of 10 ~ 8K

Women: 1st of 9 ~ 6K

(Men's Results)

Individual Finishers	Place	Time
Paul Hefferon	1st	25:38.95
Colby Wissel	2nd	25:39.19
Erik Sloan	4th	26:16.99
Patrick McGowan	9th	26:39.26
Tyler Kelly	10th	26:41.61
Victor Chesang	32nd	28:01.35
Adrian Ludwig	33rd	28:05.31
Levi Huseman	41st	28:40.68

(Women's Results)

Individual Finishers	Place	Time
Melissa O'Rourke	6th	23:14.51
Laura Major	12th	23:23.95
Lisa Morrissey	15th	23:37.26
Alicia McGregor	17th	23:54.48
Hayley Harbert	19th	24:32.07
Melissa Moody	22nd	24:41.23
Megan James	24th	24:51.08
Bridget Moran	31st	25:15.25

KSU WILDCAT INVITATIONAL

Sept. 8 ~ Manhattan, Kan.

Men: 1st of 2 ~ 5K

Women: 1st of 2 ~ 5K

(Men's Results)

Individual Finishers	Place	Time
Colby Wissel	1st	14:57.2
Patrick McGowan	2nd	15:30.3
Bret Imgrund	3rd	15:42.6
Victor Chesang	9th	16:16.0
Adrian Ludwig	10th	16:24.4
Levi Huseman	13th	16:37.5

(Women's Results)

Individual Finishers	Place	Time
Alicia McGregor	3rd	18:50.2
Lisa Morrissey	4th	18:58.6
Melissa Moody	6th	19:44.1
Hayley Harbert	7th	19:46.5
Megan James	10th	19:56.0
Bridget Moran	11th	20:16.1



2006 Year in Review

ROY GRIAK INVITATIONAL

Sept. 23 ~ Minneapolis, Minn.

Men: 9th of 34 ~ 8K

Women: 23rd of 31 ~ 6K

(Men's Results)

Individual Finishers	Place	Time
Colby Wissel	10th	24:53.8
Paul Hefferon	16th	25:04.7
Benson Chesang	44th	25:44.2
Erik Sloan	109th	26:19.7
Tyler Kelly	135th	26:30.7
Victor Chesang	196th	27:08.1
Patrick McGowan	223rd	27:30.1
Bret Imgrund	263rd	28:11.2
Adrian Ludwig	264th	28:12.6

(Women's Results)

Individual Finishers	Place	Time
Lisa Morrissey	100th	23:16.1
Melissa O'Rourke	114th	23:31.0
Alicia McGregor	121st	23:34.4
Lauren Bonds	143rd	23:49.3
Kellie Schneider	157th	23:58.3
Hayley Harbert	164th	24:05.8
Laura Major	182nd	24:22.3
Megan James	198th	24:34.8
Cassi Sokol	200th	24:37.6
Melissa Moody	213th	24:50.3

NCAA PRE-NATIONALS

Oct. 14 ~ Terre Haute, Ind.

Men: 6th of 36 ~ 8K

Women: 2nd of 13 ~ 6K

(Men's Results)

Individual Finishers	Place	Time
Paul Hefferon	13th	23:50.0
Colby Wissel	14th	23:52.1
Benson Chesang	30th	24:09.1
Erik Sloan	101st	24:51.6
Matt French	121st	25:00.4
Patrick McGowan	137th	25:08.6
Tyler Kelly	170th	25:26.7

(Women's Results-Open Division)

Individual Finishers	Place	Time
Lisa Morrissey	20th	21:59.1
Alicia McGregor	41st	22:20.0
Kellie Schneider	85th	22:45.2
Lauren Bonds	90th	22:49.0
Melissa Moody	94th	22:52.3
Hayley Harbert	100th	22:53.8
Melissa O'Rourke	101st	22:53.9
Cassi Sokol	107th	22:56.6
Alison Knoll	118th	23:05.1
Megan James	130th	23:15.9
Sara Nackley	183rd	24:00.6



Patrick McGowan

In the following two meets, the junior trio of Wissel, Hefferon and Morrissey led their respective teams. Wissel and Hefferon once again paced the men as Wissel's 10th-place showing was the highest finish of any Jayhawk at the Roy Griak Invitational. Hefferon came in just 11 seconds behind Wissel to place 16th. However, Hefferon would eclipse Wissel at the NCAA Pre-Nationals with his 13th-place finish (23:50.0). Wissel was 14th, crossing the finish line just two seconds behind. Benson Chesang finished third and Erik Sloan finished fourth in each of the two races as the men's team placed ninth at the Roy Griak Invitational and sixth at the NCAA Pre-Nationals.

Lisa Morrissey was the top runner on the women's team for Kansas in both meets. She finished 15 seconds ahead of teammate Melissa O'Rourke in the final meet of September and posted a season-best time of 21:59.1 in the mid-October meet in Terre Haute, Ind., where the women placed second as a team.



Lisa Morrissey





2006 Year in Review

In 2006, Kansas became the 11th different school in as many years to host the Big 12 Championships when the conference schools competed at Rim Rock Farm on Oct. 27. After Benson Chesang won the previous two conference titles, another Jayhawk, Wissel, took home the men's crown. Wissel fought off the frigid conditions and the hilly terrain to win the 8K race in time of 24:34.4. Hefferon and Chesang also earned All-Big 12 honors as Hefferon had an impressive fourth-place showing and Chesang came in under the 25-minute mark of the 8K race for a 12th-place finish. Seniors Matt French (33rd) and Tyler Kelly (34th) rounded out the top five runners for Kansas.

During the Big 12 Championships, the Kansas women were unable to find the same success they had in September at Rim Rock Farm. The Jayhawks finished in 11th place and were led by Morrissey's 45th-place finish. The junior from Ottawa, Kan., ran the 6K race in a time of 22:48.9. Junior Alicia McGregor and freshman Lauren Bonds finished 57th and 58th, respectively.



At the NCAA Midwest Regionals in Minneapolis, Minn., the women were unable to qualify for the NCAA Championships for the first time since 1994. The group raced to a 12th-place finish in its final meet of the season. Morrissey (22:42.9) and O'Rourke (22:45.4) led the way for KU, placing 60th and 61st, respectively.

The men's team placed second at the Midwest Regionals and earned its second consecutive berth in the NCAA Championships. The second-place showing matched Kansas' best finish in that event since its inception in 1978. Wissel, Hefferon and Chesang all ran in the top-15 of the 10k race.

BIG 12 CHAMPIONSHIPS

Oct. 27 ~ Lawrence, Kan.

Men: 3rd of 12 ~ 8k

Women: 11th of 12 ~ 6k

(Men's Results)

Individual Finishers	Place	Time
Colby Wissel	1st	24:34.4
Paul Hefferon	4th	24:41.1
Benson Chesang	12th	24:57.1
Matt French	33rd	25:40.7
Tyler Kelly	34th	25:42.6
Bret Imgrund	51st	26:04.9
Patrick McGowan	56th	26:10.2
Erik Sloan	61st	26:21.7
Victor Chesang	63rd	26:25.3

(Women's Results)

Individual Finishers	Place	Time
Lisa Morrissey	45th	22:48.9
Alicia McGregor	57th	23:13.8
Lauren Bonds	58th	23:17.6
Melissa O'Rourke	68th	23:33.6
Melissa Moody	71st	23:40.3
Hayley Harbert	74th	23:48.3
Kellie Schneider	77th	23:56.5
Cassi Sokol	78th	23:58.2
Laura Major	89th	24:39.5

NCAA MIDWEST REGIONALS

Nov. 11 ~ Minneapolis, Minn.

Men: 2nd of 21 ~ 10k

Women: 12th of 23 ~ 6k

(Men's Results)

Individual Finishers	Place	Time
Colby Wissel	8th	30:59.5
Paul Hefferon	10th	31:02.3
Benson Chesang	14th	31:18.3
Erik Sloan	24th	31:33.6
Matt French	32nd	31:56.6
Patrick McGowan	62nd	32:46.4
Tyler Kelly	93rd	33:49.9

(Women's Results)

Individual Finishers	Place	Time
Lisa Morrissey	60th	22:42.9
Melissa O'Rourke	61st	22:45.4
Kellie Schneider	74th	23:00.2
Alicia McGregor	80th	23:06.5
Lauren Bonds	84th	23:12.6
Hayley Harbert	103rd	23:42.0
Melissa Moody	132nd	24:21.2

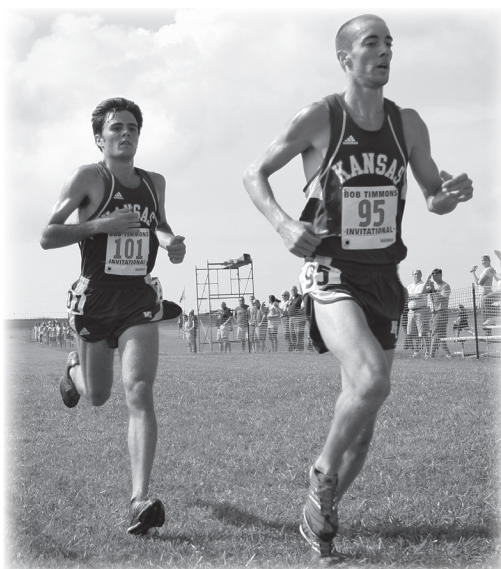


2006 Year in Review

Wissel and Hefferon earned All-American honors for their performances at the NCAA Championships in Terre Haute, Ind. In the 10K race, Wissel finished 26th in a time of 31:34.3. Hefferon was not far behind with a time of 31:47.7, good for 42nd place. With two Jayhawk runners suffering injuries during the Championships, seniors Erik Sloan and Matt French and junior Patrick McGowan came up with some key scoring to help propel the Jayhawks to a 20th place finish as a team. Sloan ended his Jayhawk career with a time of 33:12.1, while French finished in 33:35.6. McGowan was fifth on the team, crossing the finish line in 34:20.0.

The 20th-place showing at the NCAA Championships marked the second straight season the Jayhawks had finished inside the Top-20 at the NCAA's. It was the first time the Jayhawks had accomplished the feat since the 1993 and 1994 seasons.

For their efforts in the classroom throughout the 2006 campaign, nine Jayhawks were named to Academic All-Big 12 teams. Sophomore Megan James highlighted the first team with her 4.0 GPA. Joining James with first team honors were seniors Matt French, Laura Major, Melissa Moody, Erik Sloan, and junior Colby Wissel. Senior Tyler Kelly, junior Adrian Ludwig and sophomore Bridget Moran were all honored as second team members.



All-Americans Colby Wissel (left) and Paul Hefferon became the first pair of Jayhawks to receive the honor in the same season since 1994.

NCAA CHAMPIONSHIPS

Nov. 20 ~ Terre Haute, Ind.

Men: 20th of 31 ~ 10K

(Men's Results)

Individual Finishers	Place	Time
Colby Wissel	26th	31:34.3
Paul Hefferon	42nd	31:47.7
Erik Sloan	164th	33:12.1
Matt French	188th	33:35.6
Patrick McGowan	230th	34:20.0

2006 HONORS AND AWARDS

NCAA CHAMPIONSHIPS

MEN: 20TH PLACE

ALL-AMERICANS

PAUL HEFFERON
COLBY WISSEL

INDIVIDUAL BIG 12 CHAMPION

COLBY WISSEL

ACADEMIC ALL-BIG 12 TEAMS

MEN:

MATT FRENCH - 1ST TEAM
TYLER KELLY - 2ND TEAM
ADRIAN LUDWIG - 2ND TEAM
ERIK SLOAN - 1ST TEAM
COLBY WISSEL - 1ST TEAM

WOMEN:

MEGAN JAMES - 1ST TEAM (4.0 GPA)
LAURA MAJOR - 1ST TEAM
MELISSA MOODY - 1ST TEAM
BRIDGET MORAN - 2ND TEAM

ALL-BIG 12 TEAM

BENSON CHESANG
PAUL HEFFERON
COLBY WISSEL

BIG 12 RUNNER OF THE WEEK

COLBY WISSEL (SEPT. 13)



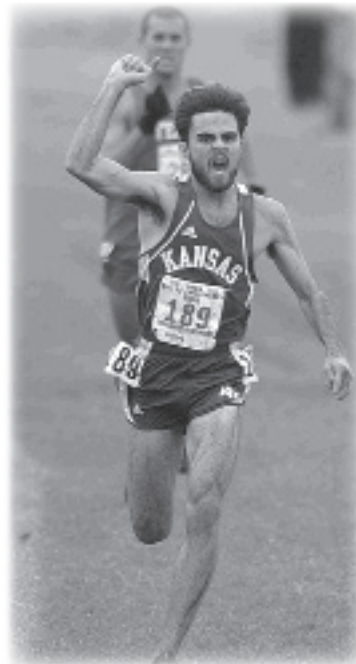


KU Men's Cross Country Back-to-Back-to-Back Big 12 Individual Champions



2004 and 2005
Benson Chesang

A member of the Jayhawk crimson and blue has been the first to cross the finish line for the past three years at the Men's Big 12 Championships. In 2004, Benson Chesang began the string of titles when he narrowly edged out Brent Vaughn of Colorado. His winning time of 24:07.43 at the Stateland Cross Country Course in Topeka, Kan. was just over a second faster than Vaughn's. Chesang followed up his 2004 performance with another Big 12 championship in 2005 in Waco, Texas. His winning time of 23:45.20 marked the first time in over fifty years a Kansas runner had won back-to-back conference crowns. The Jayhawks' latest champion, Colby Wissel, won the 2006 title in a time of 24:34.40. The third straight victory for Kansas was even more special because Wissel's championship was won at Kansas' own historic Rim Rock Farm. Wissel and the Jayhawks will look to add a fourth title at the 2007 Championships in Lubbock, Texas on October 26.



2006
Colby Wissel

Previous Men's Big 12 Champions

Year	Champion	School
1996	John Kiptarus	Nebraska
1997	Adam Goucher	Colorado
1998	Adam Goucher	Colorado
1999	Ron Roybal	Colorado
2000	Jorge Torres	Colorado
2001	Jorge Torres	Colorado
2002	Jorge Torres	Colorado
2003	Dathan Ritzenhein	Colorado
2004	Benson Chesang	Kansas
2005	Benson Chesang	Kansas
2006	Colby Wissel	Kansas

All-Time Kansas Conference Champions

Year	Champion	Conference
1914	Fred Rodkey	Missouri Valley
1915	Fred Rodkey	Missouri Valley
1927	Poco Frazier	Missouri Valley
1928	Poco Frazier	Missouri Valley
1931	Glenn Cunningham	Big Six
1932	Glenn Cunningham	Big Six
1947	Bob Karnes	Big Six
1948	Bob Karnes	Big Seven
1949	Bob Karnes	Big Seven
1950	Herb Semper	Big Seven
1951	Herb Semper	Big Seven
1952	Wes Santee	Big Seven
1953	Wes Santee	Big Seven
1954	Al Frame	Big Seven
1955	Al Frame	Big Seven
1956	Jerry McNeal	Big Eight
1957	Tom Skutka	Big Eight
1960	Billy Mills	Big Eight
1961	Bill Dotson	Big Eight
1965	John Lawson	Big Eight
2004	Benson Chesang	Big 12
2005	Benson Chesang	Big 12
2006	Colby Wissel	Big 12