



KANSAS CROSS COUNTRY '10

2010 RESULTS

WOMEN

Bob Timmons Classic

Sept. 4, 2010
Rim Rock Farm
Lawrence, Kan.
5K

Team Finish - 1st

<u>Individual Finishes (out of 41)</u>	<u>Time</u>
1. Kyra Kilwein	18:37.20
2. Tessa Turcotte	18:50.90
3. Natalie Becker	19:33.90
5. Devin Wieggers	19:41.90
6. Kathleen Thompson	19:48.50
7. Brenna Farren	19:55.90
8. Cori Christensen	20:00.00
9. Mackenzie Abernathy	20:14.70
17. Lindsay Schaefer	21:38.30

Missouri Cross Country Challenge

Sept. 11, 2010
A.L. Gustin Golf Course
5K

Team Finish - 2nd (out of 3)

<u>Individual Finishes (out of 35)</u>	<u>Time</u>
2. Allie Marquis	18:01.90
3. Tessa Turcotte	18:20.16
6. Kyra Kilwein	18:34.39
9. Cori Christensen	18:59.82
11. Natalie Becker	19:09.60
13. Kathleen Thompson	19:21.38
15. Brenna Farren	19:26.00
21. Mackenzie Abernathy	19:59.22
25. Lindsay Shaefer	21:15.11

Winner
1. Vanatta Kaitie (Missouri) 17:37.20

Wisconsin Adidas Invitational

Oct. 2, 2010
Thomas Zimmer Championship
Cross Country Course
Madison, Wis.
6K

Team Finish - 11th (out of 20)

<u>Individual Finishes (out of 202)</u>	<u>Time</u>
12. Rebeka Stowe	20:31.10
54. Natalie Becker	21:20.50
65. Tessa Turcotte	21:36.40
75. Amanda Miller	21:41.60
83. Kyra Kilwein	21:54.30
106. Brenna Farren	22:30.50
128. Allie Marquis	22:57.30

Winner
1. Charlotte Browning (Fla.) 20:13.40

ISU Pre-Nationals

Oct. 16, 2010
LaVern Gibson Championship
Cross Country Course
Terre Haute, Ind.
6K

Team Finish - 24th

WHITE RACE

<u>Individual Finishes (out of 274)</u>	<u>Time</u>
16. Rebeka Stowe	20:43.90
52. Natalie Becker	21:25.00
134. Tessa Turcotte	22:08.40
137. Kara Windisch	22:10.20
160. Kyra Kilwein	22:21.60
177. Allie Marquis	22:30.00
183. Amanda Miller	22:32.30

OPEN RACE

<u>Individual Finishes (out of 128)</u>	<u>Time</u>
92. Brenna Farren	23:44.30
102. Mackenzie Abernathy	23:59.50
111. Cori Christensen	24:10.50
127. Kathleen Thompson	25:42.60

Big 12 Championships

Oct. 30, 2010
Oklahoma State Cross Country
Course
Stillwater, Okla.
6K

Team Finish - 7th (out of 12)

<u>Individual Finishes (out of 83)</u>	<u>Time</u>
12. Rebeka Stowe	20:43.44
39. Natalie Becker	21:41.64
50. Amanda Miller	21:53.93
51. Allie Marquis	21:57.39
52. Tessa Turcotte	21:58.00
57. Kara Windisch	22:07.22
62. Kyra Kilwein	22:17.04

Winner
1. Rose Tanui (Texas Tech) 20:04.34

NCAA Midwest Regional Championships

Nov. 13, 2010
Newman Golf Course
Peoria, Ill.
6K

Team Finish - 6th

<u>Individual Finishes (out of 188)</u>	<u>Time</u>
18. Rebeka Stowe	20:40.33
33. Natalie Becker	21:07.74
35. Tessa Turcotte	21:08.31
52. Allie Marquis	21:27.88
54. Kara Windisch	21:28.92
71. Amanda Miller	21:44.10
88. Kyra Kilwein	21:52.38

Winner
1. Stephanie Price (Minn.) 20:01.48



KANSAS CROSS COUNTRY '10 2010 RESULTS

MEN

Bob Timmons Classic

Sept. 4, 2010
Rim Rock Farm
Lawrence, Kan.
6K

Team Finish - 1st

Individual Finishes (out of 48) Time

2. Zach Zarda	19:01.30
4. Josh Munsch	19:06.50
5. Louis Jose Munoz, Jr.	19:06.90
6. Josh Baden	19:16.00
8. Kaman Schneider	19:38.20
9. Clay Schneider	19:51.70
10. Ben Wilson	19:52.00
11. Nikki Trooien-Smith	19:53.90
13. Emilio Trujillo	19:58.30
17. Sean Proehl	20:16.60

Winner

Paul Hefferon (Hanson Bros.) 18:31.10

Missouri Cross Country Challenge

Sept. 11, 2010
A.L. Gustin Golf Course
8k

Team Finish - 1st (out of 4)

Individual Finishes (out of 36) Time

1. Donny Wasinger	25:17.45
2. Nick Caprario	25:49.70
4. Zach Zarda	26:04.88
5. Austin Bussing	26:06.09
7. Jose Luis Munoz	26:21.75
9. Josh Munsch	26:33.93
12. Josh Baden	26:56.44
15. Emilio Trujillo	27:14.00
17. Ben Wilson	27:20.15
18. Kaman Schneider	27:24.47
19. Clay Schneider	27:26.63
20. Nikki Trooien-Smith	27:32.68
21. Sean Proehl	28:04.51

Wisconsin Adidas Invitational

Oct. 2, 2010
Thomas Zimmer Championship
Cross Country Course
Madison, Wis.
7k

Team Finish - 16th (out of 21)

Individual Finishes (out of 212) Time

24. Donny Wasinger	24:02.80
54. Nick Caprario	24:30.20
99. Austin Bussing	25:01.60
112. Jose Luis Munoz, Jr.	25:23.50
116. Josh Munsch	25:28.50
132. Josh Baden	26:04.00
137. Nikki Trooien-Smith	26:23.70

Winner

1. Donn Cabral (Princeton) 23:29.00

ISU Pre-Nationals

Oct. 16, 2010
LaVern Gibson Championship
Cross Country Course
Terre Haute, Ind.
8K

Team Finish - 18th

WHITE RACE

Individual Finishes (out of 241) Time

47. Donny Wasinger	24:33.70
116. Nick Caprario	25:13.30
132. Austin Bussing	25:21.00
147. Josh Baden	25:34.60
159. Josh Munsch	25:40.90
194. Jose Luis Munoz	26:09.00

OPEN RACE

Individual Finishes (out of 128) Time

62. Nikki Trooien-Smith	26:33.70
69. Ben Wilson	26:38.90
87. Kaman Schneider	27:00.00

Big 12 Championships

Oct. 30, 2010
Oklahoma State Cross Country
Course
Stillwater, Okla.
8K

Team Finish - 7th (out of 12)

Individual Finishes (out of 82) Time

13. Donny Wasinger	24:40.04
28. Nick Caprario	25:17.02
48. Austin Bussing	25:46.96
49. Josh Baden	25:52.99
62. Jose Luis Munoz	26:34.59
67. Josh Munsch	26:40.87
77. Nikki Trooien-Smith	27:40.19

Winner

1. Girma Mecheso (OSU) 23:56.94

NCAA Midwest Regional Championships

Nov. 13, 2010
Newman Golf Course
Peoria, Ill.
10K

Team Finish - 11th

Individual Finishes (out of 171) Time

10. Donny Wasinger	30:05.30
31. Nick Caprario	30:50.05
64. Josh Baden	31:40.53
82. Austin Bussing	32:02.34
127. Nikki Trooien-Smith	32:59.25
147. Jose Luis Munoz	33:45.25

Winner

1. Colby Lowe (OSU) 29:30.70



KANSAS CROSS COUNTRY '10 2010 RESULTS

MEN

2010 NCAA Division I National Championships
Hosted By Indiana State University
LaVern Gibson Championship Cross Country Course
Terre Haute, Ind.
Nov. 22, 2010

MEN'S 10,000 METER INDIVIDUAL RESULTS

Place	Name	Class	School	2k	5k	8k	Finish
1	Samuel Chelanga	SR	Liberty	5:45	14:37	23:27	29:22.2
2	Stephen Sambu	JR	Arizona	5:46	14:38	23:27	29:26.5
3	Luke Puskedra	JR	Oregon	5:45	14:38	23:34	29:38.0
4	Leonard Korir	JR	Iona	5:49	14:48	23:41	29:42.0
5	Chris Derrick	JR	Stanford	5:50	15:06	23:54	29:44.7
6	Jake Riley	JR	Stanford	5:51	15:06	23:54	29:45.0
7	Girma Mecheso	JR	Okla. State	5:52	15:06	23:54	29:47.5
8	German Fernandez	JR	Okla. State	5:53	15:06	23:54	29:49.3
9	Colby Lowe	JR	Okla. State	5:52	15:06	23:54	29:57.6
10	Matthew Centrowitz	JR	Oregon	5:49	15:06	24:00	30:01.1
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233	Don Wasinger	JR	Kansas	5:57	15:59	26:15	33:02.7