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ATHLETIC MEDIA RELATIONS

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ESU 2009 Cross Country Schedule

Date	Meet	Location	Time/Result
9/5	at Bob Timmons	Lawrence, Kan.	M-4th;W-5th
9/19	at Woody Greeno	Lincoln, Neb.	M-10th;W-13th
9/26	at Tabor Invitational	Hillsboro, Kan.	M-2nd;W-4th
10/2	ESU Invitational	Emporia	M-1st;W-2nd
10/16	at Ollie Isom	El Dorado, Kan.	4 p.m.
10/24	MIAA Champ.	Emporia	10:30 a.m.
11/7	NCAA Regional	Abilene, Texas	10 a.m.
11/21	NCAA Champ.	Evansville, Ind.	10 a.m.

ESU Men Top Individual Times in 2009

8K (4.8 miles)

2	Skyler Delmott	Tabor	25:26.91
3	Adam McGovern	ESU Planet Sub	25:36.15
8	Will Hohmeier	ESU Planet Sub	25:52.62
12	Asher Delmott	ESU Planet Sub	26:15.50
23	Dillon Cowing	ESU Planet Sub	26:47.86
33	Andrew Wayman	ESU Planet Sub	27:10.54
34	Ryan Hahn	ESU Planet Sub	27:12.02
38	Chris Dvorak	ESU Planet Sub	27:35.18
47	Cody Burns	ESU Planet Sub	27:55.71
54	Trey Brokaw	Tabor	28:40.06

6K (3.7 miles)

13	Skyler Delmott	Timmons	19:55.65
18	Adam McGovern	Timmons	20:21.87
20	Asher Delmott	Timmons	20:24.08
25	Will Hohmeier	Timmons	20:49.96
35	Chris Dvorak	Timmons	21:36.63
46	Andrew Wayman	Timmons	22:03.87
50	Ryan Hahn	Timmons	22:11.04
58	Trey Brokaw	Timmons	22:45.24
59	Cody Burns	Timmons	22:50.84

ESU Women Top Times in 2009

6K (3.7 miles)

21	Katie Mona	Greeno	21:56.4
130	Jaci Willse	Greeno	24:15.3
138	Tiffany Baum	Greeno	24:24.6
151	Kathryn Davison	Greeno	24:36.0
172	Christy Weller	Greeno	25:03.2
207	Kylie Bookout	Greeno	25:57.9
228	Hannah Burr	Greeno	26:49.8

5K (3.1 miles)

1	Katie Mona	ESU Planet Sub	18:17.84
6	Kathryn Davison	Tabor	19:07.12
7	Morgan Frehe	ESU Planet Sub	19:13.57
21	Christy Weller	ESU Planet Sub	19:38.49
19	Jaci Willse	Tabor	19:45.24
22	Tiffany Baum	ESU Planet Sub	19:58.58
31	Kylie Bookout	ESU Planet Sub	20:30.00
70	Hannah Burr	Tabor	22:10.36

Media Contacts

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INTERVIEW POLICY: ESU cross country practices at approximately 3 p.m. Monday-Friday and are open. Please contact Don Weast to ensure an interview.

ESU Cross Country

at Ollie Isom Invitational

Butler County CC Course • El Dorado, Kan.

Friday, October 16, 2009

Women's 4K at 4 p.m./Men's 5K at 4:30 p.m.

UP NEXT: MIAA Championships • Oct. 24, 2009 • 10:30 a.m.

Jones Park • Emporia, Kan.

LAST CHANCE

Emporia State will have their final tune-up for the MIAA Championships when they travel four miles south of El Dorado, Kan. to take part in the Ollie Isom Invitational.

LOOKING BACK AT PLANET SUB

Emporia State had both an individual champion and a team champion at the ESU/Planet Sub Invitational. Katie Mona won the women's race while Adam McGovern and Skyler Delmott finished third and fourth overall to lead the Hornet men to the team championship. With winds blowing between 20 and 40 miles per hour, Mona won her second straight women's individual championship with the tenth fastest time in course history. Her time of 18:17.84 was nearly 30 seconds ahead of Northwest Missouri's Angel Adams. All five ESU scorers placed in the top 20 for the women. Morgan Frehe ran a personal best of 19:13.57 to place seventh overall for the Hornets. McGovern was the top collegiate finisher, just in front of teammate Skyler Delmott to pace the Hornets to their third straight team championship. Will Hohmeier was the third ESU runner in the top ten with an eighth place finish.

THE COACH

Dave Harris is in his 18th season as the head coach of the track and field and cross country programs at Emporia State. He is an 11-time MIAA Coach of the Year.

Under his guidance, the Hornets have established themselves as a nationally prominent NCAA Division II power in both track and cross country as 178 times his athletes have earned All-American honors, including 16 NCAA II individual championships since 1995. He was named the 2001 NCAA Division II Women's Outdoor Track Coach of the Year by the United States Track Coaches Association.

REGIONAL RANKINGS

For the first time since the end of the 2004 season, both the Emporia State men's and women's cross country teams have moved in the the USTFCCA Division II South Central Regional Rankings. The men and women are both ranked ninth this week. Six men's teams and four women's teams from the South Central Region are ranked in the top 25 nationally. Four MIAA men's teams are ranked in the top 20 nationally while three women's teams from the conference are ranked in the top 21 nationally.

LAST TIME AT THE OLLIE ISOM

The Emporia State women's cross country teams placed third at the 2005 Ollie Isom Invitational. ESU placed behind the host and NJCAA #1 ranked team Butler County CC and #6 Garden City CC. All five Hornet runners placed in the top 35 of the meet led by Jonel Rossbach in fifth place. Megan Haight was 11th, Robyn Lee placed 15th, Aniesa Slack was 29th and Krysta Fennewald came in 34th for ESU. The Hornets ran without normal #1 runner Kristen Larson, who stayed in Emporia to train for the MIAA Championships. The Hornet men did not compete as a team during the 2005 season with the entire team redshirting.

UP NEXT

The Hornets will return to Jones Park in Emporia to play host to the MIAA Cross Country Championships on Oct. 24. The MIAA Championships will begin at 10:30 a.m. with women's 6K race followed by the men's 8K race at 11:15 a.m. An awards ceremony is scheduled for 12:15 p.m.

Donald Weast, Assistant Athletic Director for Media Relations

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THE SKY'S THE LIMIT

Skyler Delmott (Sr./Emporia, Kan.) finished fourth overall, one spot behind Adam McGovern, at the Planet Sub Invitational. It was the first time in his career that another Hornet finished in front of him in a cross country race, a span of 21 races. He was second overall at the Tabor Invitational. He placed 30th at the Woody Greeno Invitational after finishing 13th at the Bob Timmons Invite. He has top 15 overall places in 11 of his last 12 races with two individual championships in that time. He earned All-MIAA status last year with a career best fifth place finish at the conference championships. He finished second in the 2008 ESU Invitational and was the individual champion in 2007. His time of 25:09 last year is the eighth fastest time ever on the Jones Park 8K Course.

MONA LISA

Katie Mona (So./Lenexa, Kan.) won her second straight Planet Sub Invitational individual championship with the tenth fastest time in course history. She covered the 5K course in 18:17.84 despite winds of between 25 and 40 mph during the race. She did not run at Tabor to concentrate on training. She had a top twenty finish and was the top MIAA placer at the Woody Greeno Invitational. She placed sixth at the Timmons Invitational to open the season. She earned All-MIAA honors with a ninth place finish at the 2008 MIAA Cross Country Championships. She earned MIAA Athlete of the Week honors after placing second at the Mule Run last year. She won last year's ESU invitational with a time of 18:13 that ranks ninth all-time on the 5K Jones Park Course.

ADAM'S RIB

Adam McGovern (So./Lee's Summit, Mo.) placed third overall and was the first collegiate finisher at the Planet Sub Invitational. He earned MIAA Cross Country Runner of the Week for his efforts. He had been ESU's number two runner at each meet this season. He was sixth at the Tabor Invitational and had a top 20 finish at the Timmons Invitational to open the season, placing 18th overall. He was 49th at the Woody Greeno Invitational. He placed fifth at the ESU Invitational as a freshman last season.

BILLY DON'T BE A HERO

William Hohmeier (Jr./St. Louis, Mo.) earned a top ten showing with his eighth place finish at the Planet Sub Invitational. He was the Hornets number three runner at the Woody Greeno, placing 53rd overall. He was ninth at Tabor and placed in the top 25 at the Timmons Invitational. He placed seventh at the ESU Invitational last year and was 25th at the ESU Invitational as a freshman.

ASHES TO ASHES

Asher Delmott (So./Emporia, Kan.) placed 12th at the Planet Sub Invitational. He has been the number three runner for ESU in two of four meets this season and has been in the top four all season. He placed eighth at the Tabor Invitational and was 20th at the Timmons Invitational. He was ESU's fourth runner at the Woody Greeno, placing 63rd overall. He was 11th overall as a freshman at the ESU Invitational.

MARSHALL DILLON

Dillon Cowing (So./Clay Center, Kan.) had his best race of the year at the Planet Sub Invitational. He was ESU's fifth runner and placed 23rd overall.

HAHN SOLO

Ryan Hahn (So./Berryton, Kan.) has been in the scoring for the Hornets in two of the last three meets. He placed 30th overall at the Tabor Invitational. He was 23rd at the ESU Invitational as a freshman.

USTFCCA NCAA Division II Men's National Top 25	
School	LW
1. Adams State	1
2. Western State	2
3. Chico State	3
4. Grand Valley State	4
5. Colorado Mines	5
6. Queens (N.C.)	6
7. Western Washington	8
8. UMass-Lowell	12
9. Southern Indiana	10
10. Stonehill	9
11. Edinboro	11
12. Central Missouri	13
13. Missouri Southern	19
14. Shippensburg	16
15. Cal Poly Pomona	18
16. Lock Haven	17
17. Tarleton State	22
18. Abilene Christian	6
19. Pittsburg State	23
20. Southwest Baptist	14
21. Alaska-Anchorage	15
22. Wayne State (Mich.)	NR
23. Drury	20
24. Harding	24
25. Neb.-Kearney	25
MIAA Teams in Bold	
<i>South Central Region Teams in Italics</i>	
USTFCCA NCAA Division II Women's National Top 25	
1. Chico State	1
2. Grand Valley State	2
3. Missouri Southern	3
4. Adams State	4
5. Alaska Anchorage	5
6. Shippensburg	6
7. Seattle Pacific	12
8. Western Washington	7
9. Tampa	8
10. Augustana (S.D.)	9
11. Mesa State	10
12. Minnesota-Duluth	11
13. Southern Indiana	13
14. Western State	14
15. Dallas Baptist	15
16. Truman	NR
17. Ferris State	21
18. Slippery Rock	18
19. Kutztown	19
20. Hillsdale	16
21. Pittsburg State	17
22. Colorado Mines	NR
23. UC-San Diego	NR
24. Harding	23
25. Cal. State-LA	20
MIAA Teams in Bold	
<i>South Central Region Teams in Italics</i>	



**USTFCCCA NCAA Division II Men's
South Central Regional Polls
Oct. 13, 2009**

1. Central Missouri (12)
 2. Missouri Southern (13)
 3. Tarleton State (17)
 4. Abilene Christian (18)
 5. Pittsburg State (19)
 6. Southwest Baptist (20)
 7. Eastern New Mexico
 8. Truman
 9. **EMPORIA STATE**
 10. Northwest Missouri
- MIAA Teams in Bold**
(National Ranking)

SHOW ME THE WAY MAN

Andrew Wayman (So./Emporia, Kan.) has been the sixth runner for ESU in every race this season. He placed 33rd at the Planet Sub Invitational. He was 26th as a freshman at the ESU Invitational.

FREE BIRD

Morgan Frehe (Jr./DeSoto, Kan.) ran a personal best 5K time to place seventh at the Planet Sub Invitational. She ran second for ESU at the Timmons Invitational to open the year. She did not run at the Woody Greeno and came back with a 22nd place showing at the Tabor Invitational. She was ESU's second runner at last year's MIAA Championships and placed 36th overall. She was ESU's second runner with a 12th place overall finish at the ESU Invitational last year.

KATHRYN THE GREAT

Kathryn Davison (Jr./Topeka, Kan.) placed 12th at the Planet Sub Invitational for her third straight top 20 finish in this meet. She was ESU's top placer at the Tabor Invitational with a sixth place finish overall. She had been ESU's fourth and fifth runner in the first two meets of the season. She was 20th overall and ESU's third finisher at last year's ESU Invitational. As a freshman she ran second for the Hornets at the ESU Invitational with a 16th place finish.

**USTFCCCA NCAA Division II Women's
South Central Regional Polls
Oct. 13, 2009**

1. Missouri Southern (3)
 2. Dallas Baptist (15)
 3. Truman (16)
 4. Pittsburg State (21)
 5. Ft. Hays State
 6. Northwest Missouri
 7. Central Missouri
 8. Midwestern State
 9. **EMPORIA STATE**
 10. Angelo State
- MIAA Teams in Bold**
(National Ranking)

GO TO THE WELL

Christy Weller (So./Tonganoxie, Kan.) placed 15th at the Planet Sub Invitational. She was the third runner for the Hornets at the Tabor Invitational and Timmons Invitational. She finished 21st at Tabor and 24th at Rim Rock. She placed 30th at the ESU Invitational as a freshman.

WILL TO WIN

Jaci Willse (Fr./Hutchinson, Kan.) finished in 20th at the Planet Sub Invitational. She has been ESU's second runner in two of the last three meets. She placed 19th overall at Tabor and was 130th at the Woody Greeno.

THE WIZARD OF OZ

Tiffany Baum (Jr./Stillwater, Okla.) was ESU's third runner at the Woody Greeno. She placed 27th at the Tabor Invitational. She was 24th at the ESU Invitational last season and finished 23rd as a freshman.

CHECK THIS BOOKOUT

Kylie Bookout (Jr./El Dorado, Kan.) had a career best 6K time at last year's MIAA Championships and was ESU's second runner. She was 46th as a sophomore at the ESU Invitational after placing 22nd as a freshman.

Top 15 Cross Country Times at Jones Park

Men (8,000m)

1. Julius Bohr	Cloud County CC	23:55	2008
2. Andy Doering	Truman	24:36	2001
3. Jurmain Mitchell	Emporia State	24:52	1996
4. Petri Kykyri	Missouri Southern	24:54	2001
5. Marc Rodrigues	Cloud County CC	24:55	2003
6. Johnny Shuping	Cloud County CC	24:56	2006
7. Samuel Chege	Cloud County CC	24:59	2006
8. Larry Boswell	Missouri Southern	25:02	2001
9. SKYLER DELMOTT	EMPORIA STATE	25:09	2008
10. Ben Rosario	Truman	25:10	2001
11. Judah Tallam	Cloud County CC	25:11	2003
12. Keith Longuski	Park	25:13	2006
13. Jason McCullough	Hays Track Club	25:14	2009
14. Juddah Tallam	Cloud County CC	25:20	2002
14. SKYLER DELMOTT	EMPORIA STATE	25:20	2007

Top 15 Cross Country Times at Jones Park

Women (5000m)

1. Jonel Rossbach	Emporia State	16:55	2007
2. Kadri Kelve	Emporia State	17:46	2002
3. Jacquie Faust	Truman	17:59	2006
4. Luvdmila Anderson	Johnson County CC	18:00	2002
5. Jolene Mick	Cloud County CC	18:03	2003
6. Jonel Rossbach	Emporia State	18:05	2006
7. Dana Kelly	Truman	18:11	2007
8. Jolene Mick	Kansas Wesleyan	18:12	2007
9. KATIE MONA	EMPORIA STATE	18:13	2008
10. KATIE MONA	EMPORIA STATE	18:17	2009
11. Lyuda Anderson	Mid-America Nazarene	18:19	2004
11. Kaylen Harris	Neb.-Omaha	18:19	2007
13. Venessa Lee	Pittsburg State	18:27	2006
13. Kaydian Howell	Lincoln	18:27	2008
15. Jolene Mick	Cloud County CC	18:28	2004