



Home of the Huskies

St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Cross Country Update

Contact: Pat McCabe 320-308-2141 or mcpa0702@stcloudstate.edu



Upcoming Meet:

NCAA DII Nationals
November 17, 2007
Joplin, Missouri

2007 SCSU Schedule

Date	Meet	Location/Result
9/14	Ron Pynn Invite	W: 7th M: INC
9/29	Roy Griak Invite	W: 27th M: INC
10/6	Minnesota State Open	Individual Scores Only
10/20	NCC Championships	W: 7th M: INC
11/3	North Central Regional	W: 23rd M: INC
11/17	NCAA DII Nationals	Joplin, Mo.

For complete ticket information, please call
1-877-SCSUTIX or 320-308-2137.

REGIONAL RANKINGS as of 10-30-2007

DII North Central Region Men

1. Adams State
2. Western State
3. Minnesota State
4. Colorado School of Mines
5. Metro State
6. New Mexico Highlands
7. Augustana
8. Minnesota-Duluth
9. MSU-Moorhead
10. University of South Dakota

DII North Central Region Women

1. Adams State
2. Western State
3. Augustana
4. Nebraska-Kearney
5. North Dakota
6. South Dakota
7. MSU-Moorhead
8. Mesa State
9. Wayne State University
10. Minnesota-Duluth

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NORTH CENTRAL REGION CHAMPIONSHIPS: This past Saturday, November 3, the Huskies were in Vermillion, S.D. for the North Central Region Championship meet. Located at Don Baker Memorial golf course the women were up first for their 6K race. St. Cloud State ran to a 23rd place finish at the regional meet, garnering 598 points in the process. The men raced next and due to injuries, SCSU was unable to field a full team, however the athletes still competed as individuals.

CHAMPIONSHIP SWAP: In a reversal from the 2006 regional championship, Western State was the men's team champion and Adams State was the women's team champion. Each school won the opposite title a season ago. Western State won the men's championship by just a single point over defending champions, Adams State. Western State had four runners in the top-10 to earn the hard fought win. The Adams State women had an easier road to the title winning by 58 points over second place Augustana and Western State, who tied with 86 points.



Andrea Borden

WOMEN SAVE BEST FOR LAST: All six of the St. Cloud State women who competed in the regional meet this past weekend posted their best performances of the season. The Huskies Emily Winans (Fergus Falls) led the charge as she broke the 24-minute barrier in a 6K race for the first time in her career. Winans was 88th overall in a time of 23:53.15, her previous best came last season as well at the Regional Championships where she finished in 24:00.05. Andrea Borden (Merrifield) followed in 110th place in a personal record time of 24:16.87. Her previous best in a 6K was 25:49.02 set at the 2006 NCC championships. Also finishing for the Huskies, each with their best time of 2007 was Paula Mrozias (Rochester, 118th/24:32.70), Christa Halonen (Annandale, 152nd/26:53.96), Libbie Sanders (Coon Rapids, 154th/27:02.54) and Sierrah Poole (Winnebago, 161st/28:54.65).



Emily Winans

CHERIF CROSSES THE LINE FIRST FOR THE HUSKIES:

In the longest race of the men's season, Hady Cherif (Minneapolis) finished the 10K course ahead of his SCSU teammates. Cherif was able to sneak into the top-100 finishers with his 99th place finish in 34:51.93. Tim Moes (Becker) crossed the line next at 117th place in a time of 36:25.41. Also competing for SCSU, Lucas Pederson (Richfield) finished in 128th place at 37:26.55, and Dan Allen (St. Louis Park) was 135th in his time of 38:30.73.



Tim Moes



Hady Cherif

INDIVIDUAL CHAMPIONS: The men's race was won by Laurent Ngirakmaro from New Mexico Highlands, as he broke the tape in 29:44.58, over 30 seconds ahead of second place Reuben Mwei from Adams State. After the big separation between one and two, less than eight seconds separated spots two through five. The women's race was won by Tayna Gaurmer of Adams State in 20:44.63, and she led her team to the championship.

NCC WELL REPRESENTED AT NATIONALS: The North Central Conference will be sending four teams and two individuals to the National meet on November 17th in Joplin, Mo. The women's teams of Augustana, South Dakota, and North Dakota along with the men from Minnesota State earned the trip by virtue of their top-5 finish. Qualifying as individuals were Minnesota Duluth's Liz Palkie and Eric Atkinson.



Coach Mischke

SCSU COACH SETH MISCHKE RETURNS FOR NINTH SEASON WITH THE HUSKIES: Seth Mischke began his first season as head coach of the men's and women's track and field programs and cross country programs at St. Cloud State in 1999-2000. Prior to taking over the helm at SCSU, Mischke was a two-year assistant coach with former Husky head coach Tracy Dill.

Mischke is a 1997 graduate of the University of Minnesota. He was a member of the Golden Gophers men's team and participated in the decathlon. He placed third in the Big Ten meet in the decathlon as a senior. Mischke has completed his master's degree in physical education at St. Cloud State. He is a native of Worland, Wyoming and was a standout athlete at Worland High School - located in scenic north central Wyoming. Mischke resides with his wife Colleen and their two children in St. Cloud.

2007 Women's Cross Country Roster

Name	Year	Hometown
Andrea Borden	So.	Merrifield
Christa Halonen	Jr.	Annandale
Cheryl Hundt	FY	Bangor, Wis.
Paula Marozas	So.	Rochester
Brittney Moffatt	FY	Andover
Sierrah Poole	So.	Winnebago
Libbie Sanders	Jr.	Coon Rapids
Emily Winans	Jr.	Fergus Falls

2007 Men's Cross Country Roster

Name	Year	Hometown
Dan Allen	FY	St. Louis Park
Hady Cherif	FY	Minneapolis
Hillary Maiyo	So.	El Durat, Kenya
Tim Moes	Jr.	Becker
Wesley Olson	So.	Webster, Wis.
Lucas Pederson	So.	Richfield
Shawn Steinkraus	FY	Brainerd
Ben Wagner	FY	Buffalo

2007 North Central Regional Team Results

Name	Place	Points
<u>WOMEN (6K)</u>		
Adams State	1st	28
Augustana	2nd	86
Western State	2nd	86
South Dakota	4th	115
North Dakota	5th	149
St. Cloud State	23rd	598

<u>MEN (10K)</u>		
Western State	1st	45
Adams State	2nd	46
Minnesota State	3rd	89
Colorado Mines	4th	97
New Mexico Highlands	5th	149
St. Cloud State	INC	---

2007 North Central Regional Ind. Results

Name	Place	Time
<u>WOMEN (6K)</u>		
Tanya Gaurmer	1st(Adams State)	20:44.63
Emily Winans	88th	23:53.15
Andrea Borden	110th	24:16.87
Paula Marozas	118th	24:32.70
Christa Halonen	152nd	26:53.96
Libbie Sanders	154th	27:02.54
Sierrah Poole	161st	28:54.65

<u>MEN (10K)</u>		
Laurent Hgirakamaro	1st(N.M. Highlands)	29:44.58
Hady Cherif	99th	34:51.93
Tim Moes	117th	36:25.41
Lucas Pederson	128th	37:26.55
Dan Allen	135rd	38:30.73

