Missouri Track & Field 2005

2004 Cross Country Season Recap

Improvement - and making an impact. That was the credo for the 2004 Missouri cross country teams. After a 12th-place national finish in 2003, the Tiger women turned it up a notch, finishing 11th at the NCAA Championships after taking the NCAA Midwest Regional title for the fifth time in nine years. The Tiger men made a landmark improvement in one of the toughest conferences in the collegiate ranks, the Big 12 Conference. After eighth and ninth place conference finishes in 2003 and 2002, the men stepped up to fifth in 2004, led by two of the year’s headliners, juniors Tim Ross and Matt Noonan.

Ross qualified for the NCAA Championships as an individual as a result of his eighth-place, All-Region performance at the Midwest Regional in Peoria, Ill. Ross and Noonan both earned All-Big 12 and All-Region honors in 2004. Ross was the first male Tiger in over 25 years to finish in top 10 in the individual ranks at the conference championships, coming in sixth.

The Tiger women returned seven for their 2004 campaign, and were ranked in the national FinishLynx™ Coaches' Poll throughout the year. The team proved to have marketable depth, with a new person coming up big in each of the Tigers’ races. If a Tiger had an off day, the others on the Mizzou squad would step up and take care of business.

Winning the NCAA Midwest Regional Championship earned the Tigers a ticket to their ninth NCAA Championship in ten years. With only 31 of Division I’s 350 teams qualifying for the “big dance” each year, the Tigers have become one of a handful of teams that have become a national powerhouse in the sport of women’s cross country.

The women dominated the Big 12 Championships. For the eighth time in nine years, the Tiger women won the Big 12 championship outright and swept the top five spots in the race. The team proved to have marketable depth, with a new person coming up big in each of the Tigers’ races. If a Tiger had an off day, the others on the Mizzou squad would step up and take care of business.

Winning the NCAA Midwest Regional Championship earned the Tigers a ticket to their ninth NCAA Championship in ten years. With only 31 of Division I’s 350 teams qualifying for the “big dance” each year, the Tigers have become one of a handful of teams that have become a national powerhouse in the sport of women’s cross country.

The season began with a dual meet with Southwest Missouri State at the Missouri Cross Country Challenge. Even without the efforts of Valerie Lauver, the women won 17-40 sweeping the top three. The men also swept the top three, winning 19-42. Senior Jill Petersen won the first race of her collegiate cross country career, heading the Tigers in 18:07.2. Freshman Maddie Schueler made her first big impact as a Tiger. On the steamy September Saturday morning, the Louisville, Ky., native, led most of the race, but was nabbed by her teammate at the line by half-a-second. Senior Serena Ramsey took third place for the third time in three years.

The Tiger men won their meet with the Bears by taking five of the top eight spots in the race. Ross repeated what he accomplished in 2002, taking the title in 25:28.7. Chase Hall and Matt Noonan rounded out the top three. Noonan’s finish was the best of his career.

Some Tigers set out the Woody Greeno Nebraska Invitational the following week; however, that didn’t prompt the others that ran to let up. The women dominated, winning the meet with a strikingly low score of 28 points being led by freshman Maddie Schueler and without the efforts of All-American Amanda Bales. Schueler took the runner-up spot for the second consecutive week, coming across the line in 22 minutes to complete her six-kilometer race. Senior Jill Petersen was the second Tiger across the line, taking fifth in the University division race.

The Tiger men did very well led by another freshman, Billy Bell. Bell led the Tigers to a fourth-place team finish with his 14th-place performance. The team was touted by the media to be a “B” team with traditional middle-distance runners like Nick Miller and freshmen Carl Specking III and Nate Smith added to the roster. Even with some of the improvements the group placed above Big 12 foe Nebraska.

Next for the Tigers was a trip to South Bend, Ind., and the Notre Dame Invitational. Joining the team on their travels was Maggie Haskins of Sports Illustrated: On Campus. Among other things, Haskins observed the team on their bus trip from Columbia to South Bend and back, along with the stay at the hotel and the team’s eating habits and their pre-meet rituals. The story on the trip appeared at the end of October as part of the magazine’s Halloween issue and was seen on the Missouri campus in the bi-weekly student newspaper, The Maneater.

At the meet, the women’s team was able to show their prowess for the first time among national powers. Placing fourth overall, the women’s team piled on wins against many in the top 25, with only the teams in the top 10 in the nation getting the better. Amanda Bales led the team and was one of seven Tigers to score personal bests on the day. Bales took ninth overall creeping from the back of the top 20 half-way through the five-kilometer race. Seniors Serena Ramsey and Jill Petersen finished within 16 seconds of each other. Amadá Bales took second overall with 14th and 20th place, respectively.

Junior Matt Noonan led the men to a 13th-place showdown of the 24 teams entered. Noonan ran the break-out race of his career, running in 30th overall, capturing a time of 24:20 that was 30 seconds better than his previous personal best. Noonan had to pick off over 15 runners in the final three miles to take his spot. Ross was 67th overall, senior Josh Davis took 78th. Senior David Mertens scored a 27-second PR in the eight-kilometer race, clocking in at 25:12 with his top 100 showing.

Two weeks later in a cold and very windy Terre Haute, Ind., the Tigers received a preview of the national championship course at the NCAA Pre-National meet. The course itself was a great shape; however, a strong westerly wind at 20 to 30 miles per hour provided an interesting challenge to the runners. The women’s team zoomed 13 places up the coaches’ poll to tenth place entering the weekend after a great Notre Dame Invitational, showing, and the strength continued in Terre Haute.

The Tiger women placed fourth overall in the blue race with 14 teams from the national top 30 in attendance. Only No. 1 Stanford, No. 6 Notre Dame, and No. 8 North Carolina got the better of the Tiger harriers. Holding their own in the six-kilometer race, Amanda Bales once again led the Tigers, crossing the line in 14th-place overall.

Some images above:

Senior Jill Petersen and Serena Ramsey led the women’s team to the 2004 NCAA Midwest Regional title.

Bonnie Bell (left) made an immediate impact on the women’s Tiger squad and will be one of the Tigers’ top returners in 2005.
The Tiger men improved once again in 2004, improving their conference finish by three spots to fifth.

Coming closely behind was Petersen in 18th, eight seconds off Bales’ time. Despite the conditions, freshman Maddie Schueler ran for a personal best in 21:45.

The Tiger men placed 23rd of the 35 teams in the white race. Newly again taking the top spot for the men, placing 70th, running in 25:02.8.

The Big 12 Championships in Topeka, Kan., laid next for the Tigers. Both the men’s and women’s teams had remarkable efforts, accomplishing quite a bit in both races. The women’s team took runner-up to Colorado with a team-best conference score of 59 points. Up-and-down the Tiger lineup it was easy to see how the Tigers dominated their purposes. Bales, Petersen, and Ramsey earned All-Big 12 honors, taking the 6-7-8 spots. Junior Valerie Lauver and Maddie Schueler were the fourth and fifth scorers for the women, both in the top 20 overall. The nine Tigers in the competition including Kristin Hansen, Ashley Patten, Kate Greer, and Kasey Kimball all took top 40 performances, unmatched by any in the conference. Patten recorded a personal best with a 26th-place overall finish and a time of 22:32.

The women’s team performance was also extremely efficient as the time spreads between Bales and the Tigers’ third, fifth, and seventh finishers were the best of the season. Only eight seconds had elapsed before Ramsey in third for Tigers came across the line - less than a minute had passed before Patten came across seventh for the Tigers, showing a huge sign of the team’s depth.

The men’s team jumped three spots from eighth in 2003 to fifth-place overall with their 157 points. Tim Ross came across in sixth-place overall, becoming the first Tiger in a quarter-century to have broke the top 10 in the conference race. Ross along with Matt Noonan, who placed 15th overall, earned All-Big 12 honors.

In Peoria, Ill., two weeks later at the NCAA Midwest Regional Championships, the Tiger women came out smelling like roses. Winning the regional title for the fifth time in nine years, the Tigers earned what may become a permanent grin as the team continued its decade-long prominence in the region. In their final regional championship, seniors Serena Ramsey and Jill Petersen took the top two Tiger spots, achieving the eighth and ninth spots in the ten-kilometer race.

The Tiger men improved once again in their championship season, taking sixth overall, enhancing upon their seventh-place 2003 finish. Juniors Tim Ross and Matt Noonan took the eighth and ninth spots overall. Ross jumped out quickly, actually leading the race from the gun through to the 2000-meter mark. Ross and Noonan both earned All-Region honors and personal bests in the ten-kilometer race. Ross would eventually be added to the NCAA Championship field for the first time in his career, earning one of four at-large bids across the nation. Noonan, who placed one second behind Ross, came closer than a hair to also being added to the field, but at the same time Virginia’s Sorena Loren was taking ninth-place at the NCAA Southeast Regional, coming within seven-tenths of a second behind his nearest opposition, nabbing the final at-large bid.

For the ninth time in ten years, the Tiger women were one of 31 teams in the NCAA Cross Country Championships. Taking 11th overall, Mizzou once again earned their best team finish since 1984 and improved upon their 12th place showing in 2004. Appropriately enough, Tiger seniors Serena Ramsey and Jill Petersen took the top two Tigers’ top spots, coming in at 65th and 85th overall. Rounding out an incredible, breakthrough championship season, junior Kristin Hansen took the Tigers’ third spot, nearly breaking the top 100, improving more than 100 spots from her 2003 NCAA Championship finish.

Tim Ross represented was the first male to represent Missouri at the NCAA Championships since 2000. While his 233rd place overall finish may not have been what he wanted, he opened the light to the end of the tunnel for the Tiger men’s team as they will be looking to accomplish their team goal of making the national meet in 2005, and with losing only one senior in the next year, the team will give all they can to do just that.

The Tiger women will be losing Ramsey and Petersen from their squad, an impact-ful loss indeed. However, a new crop of talent showed through towards the light in 2004 and with even more talent on the way, the decade-long national prominence will start on its way to becoming a two-decade-long journey.
Meet-by-Meet Recaps

Missouri Cross Country Challenge
Columbia, Mo. * A.L. Gustin Golf Course * Sept. 11, 2004
Women - 5k * Men - 8k * Weather: Sunny, Mid-70s, late morning

Women’s Results:
1. Jill Petersen .......... Missouri ... 22:28.73
2. Chase Hall .......... Missouri ... 22:30.68
3. Matt Noonan .......... Missouri ... 22:43.36
4. Michael Breshersh .... SMS .... 22:57.45
5. Tommy Neal .......... SMS .... 23:06.24
Missouri Runners:
6. Davis .............. 26:30 7. Mertens ... 26:41
15. Specking .... 28:07

Team Standings: (2 teams)
1. Missouri .......... 17
2. SW Missouri St. .... 46

Men’s Results:
1. Tim Ross .......... Missouri ... 25:28.73
2. Chase Hall .......... Missouri ... 25:41.68
3. Matt Noonan .......... Missouri ... 25:43.36
4. Michael Breshersh .... SMS .... 25:57.45
5. Tommy Neal .......... SMS .... 26:06.24
Missouri Runners:
6. Davis .............. 30 7. Mertens ... 31
15. Specking .... 87

Team Standings: (2 teams)
1. Missouri .......... 19
2. SW Missouri St. .... 42

Missouri Runners:
5. Jill Petersen ...... Missouri ....... 22:24
3. Sarah Becker ..... Wichita St. ... 22:05
2. Maddie Schueler . Missouri ....... 22:00
2. Wichita State........ 82
1. Air Force ............. 15
Missouri Runners:
5. Nebraska ........... 114
6. Creighton .......... 133

Team Standings: (6 teams)
24. Rauen .... 23:54

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COLUMBIA, Mo. -- The Missouri men's and women's cross country teams both took wins over Southwest Missouri State Saturday at the 12th Annual Missouri Cross Country Challenge. The Tigers outscored the Bears 19-42, on the men's side, and 17-46, on the women's side. The top three in both the women's 5k and the men's 8k were headed by the Tigers. Senior Jill Petersen won her first race of her collegiate career in the women's race and junior Tim Ross took the men's individual crown.

In the women's race, Tiger freshman Maddie Schueler (Louisville, Ky.) led for most of the race, but was overtaken by Petersen (O'Fallon, Mo.) with around 100 meters to go. Schueler finished in 18:07.85, six tenths-of-a-second from the top spot. Petersen won the first meet of her collegiate career. The third spot in the meet was taken by Katy Bundy (Ballwin, Mo.), placing sixth and seventh, respectively.

For the men's team a fourth-place finish was nice considering that their top runner was Billy Bell (Chesterfield, Mo.), who took third in the eight-kilometer race, and sophomore Colten Green (Roach, Mo.) finished ninth.

Seven of the nine top spots were filled by Tigers in the men's race. Senior Josh Davis (Liberty, Mo.) finished fourth, senior David Mertens (Ballwin, Mo.) placed fifth with the highest placing in his career, freshman Billy Bell (Chesterfield, Mo.) took eighth in his first career eight-kilometer race, and sophomore Colten Green (Roach, Mo.) finished ninth.

The weather for the 10 a.m. and 10:40 a.m. races was warm with temperatures in the upper-70s, the humidity in the high range, and fair skies. The Jefferson City Jays swept both titles in the high school varsity races.

Woody Greeno Nebraska Invitational
Lincoln, Neb. * Pioneer Park * Sept. 18, 2004
Women - 6k * Men - 8k

Women’s Results:
1. Desiraye Osburn . Wichita St. ... 21:52
2. Maddie Schueler . Missouri ....... 22:00
3. Sarah Becker ..... Wichita St. ... 22:05
4. Anne Shadle ...... Nebraska ...... 22:08
5. Jill Petersen ...... Missouri ....... 22:24
Missouri Runners:

Team Standings: (6 teams)
1. Air Force ............. 15
2. Wichita State ....... 82
3. San Diego State ...... 86
4. Missouri ............. 109
5. Nebraska ............... 114
6. Creighton .......... 133

LINCOLN, Neb.--University of Missouri cross country teams had an impressive Saturday at the Nebraska Woody Greeno Invitational. First, the No. 12 nationally-ranked women's team took the team title with an strikingly low score of 24 points, led by freshman Maddie Schueler and without the efforts of All-American Amanda Bales and All-Region senior Serena Ramsey. The men's team sent their "B" squad and still finished fourth of six teams, including a win over Big 12 foe, Nebraska.

"I was very happy by how our both our teams raced today," said Jared Wilmes, Head Cross Country Coach. "Our women's team had a phenomenal day, and for the youth we sent in the men's race, I was very happy by how we raced. Maddie [Schueler] raced hard and was our first finisher and ran a great race for her freshman year."

Schueler (Louisville, Ky.) finished in second place in the six-kilometer race for the Mizzou women in 22 minutes, all part of five Tigers finishing in the top eight.

"Kate and Katy had maybe the best races of their careers today," Wilmes continued. "In the heat of the morning, they really pulled through."

Rounding out the Tigers' scoring was junior Valerie Lauver who finished eighth in 22:59, her first race back with the Tigers after being in an automobile accident.

"It was great to have Valerie back," said Wilmes. "You can tell she's back in race condition."

For the men's team a fourth-place finish was nice considering that their top runners were back in Columbia for the day. The "B" team scored better than Nebraska and Creighton's full squad. Another freshman, Billy Bell (Chesterfield, Mo.) led the way with a 21st-place showing, cutting the tape in the eight-kilometer race in 27:04.

"I was considerably happy with the way Billy ran his race," Wilmes said. "He was back in 150th place at one point, but fought his way, steadily moving up to where he finished."

Traditionally 800-meter runners, sophomore Tipper O'Brien (Kirkwood, Mo.) and Neville Miller (St. Louis, Mo.) took the next two scoring spots for the Tigers, placing 30th and 36th, respectively. The next spot belonged to redshirt freshman Kate Smith (Columbia, Mo.) who took 37th place in 27:54 in his first collegiate race. Carl Specking III (St. Peters, Mo.) rounded out the men's scoring, placing 46th.
Notre Dame Invitational

South Bend, Ind. * Notre Dame Golf Course * Oct. 1, 2004

Women's Results:

1. Sara Bel .............. Stanford ............ 16:22
2. Molly Huddles ...... Notre Dame .... 16:31
3. Alicia Craig .......... Stanford ............ 16:34
4. Rebecca Walter ...... Michigan ........... 16:44
5. Kerry Meagher ...... Notre Dame .... 16:45

Missouri Runners:

20. Petersen .. 17:17 59. Hansen .... 17:52
66. Patten .. 17:58 67. Schueber 17:58
71. Greer .... 18:03 97. Lauver .... 18:20
108. Bundy .... 18:27

Open Race:


South Bend, Ind. - The University of Missouri cross country teams scored outstanding personal and team finishes at the Notre Dame Invitational in South Bend, Ind., on Friday afternoon. The women's team scored better than three nationally higher-ranked teams on the way to an impressive fourth place finish with only three in national top ten topping the Tigers. The men placed 13th of the 26 teams in the meet, scoring better than all conference and region foes.

The Missouri women placed fourth in the Blue Division race with 171 points behind No. 1 Stanford, No. 6 Notre Dame, and No. 8 North Carolina. The Tigers also finished higher than conference opponents, No. 16 Baylor and No. 27 Texas Tech and scored wins over the four teams from the NCAA's Midwest Region. All-in-all, each race contained an average of 35 teams and 250 runners.

The Tiger women were led by junior Amanda Bales (Bettendorf, Iowa) who placed ninth overall in the five-kilometer race, running in a personal-best time of 17:01. Bales was only in the top 20 after the first mile in a race that separated quickly. Bales crept to 12th by the second mile, and made her final surge at the second-to-last straightaway to take the ninth spot.

Seven of the nine women scored personal bests in the race. Seniors Serena Ramsey (Waukesha, Wis.) and Jill Petersen (O'Fallon, Mo.) finished in 14th and 20th, respectively. Ramsey bettered her personal best by over 40 seconds, clocking in at 17:09. Junior Kristin Hansen (Milford, Iowa) had a great race, placing in 59th, running in 17:52, a 15-second personal best. Ashley Patten, Maddie Schueler, and Kate Greer rounded out scoring for the Tigers.

The men's team took 13th of 24 teams in the eight-kilometer race, scoring better than conference foe Oklahoma, and regional opponents Oklahoma and Southern Illinois.

Junior Matt Noonan (Baldwin City, Kan.) ran the race of his career up-to-now, leading the Tigers with a 30th-place individual finish, running a 30-second personal-best time of 24:20. Noonan was in the top 45 after the first two miles, improving to the top 35 by the fourth mile.

Junior Tim Ross (Alto, Mich.) and senior Josh Davis (Liberty, Mo.) placed second and third, respectively. Senior David Mertens (Ballwin, Mo.) scored a 27th place, crossing the finish line in 25:21. Senior Chase Hall (Tulsa, Okla.) was the fifth Tiger across the line in 25:31. Freshman Billy Bell (Chesterfield, Mo.) ran a good race with a PR of 25:57.

In the open races, Tiger volunteer coach Lesley Read (Dover, N.H.) won the women's section in 17:51. Tiger freshman Kacey Kimball (Eureka, Mo.) impressively finished third, clocking in at 18:14. Fellow freshman, Carolyn Rauen (Cincinnati, Ohio) placed sixth in the open race.

CIAA Pre-Nationals

Terre Haute, Ind. * LaVerne Family Center * Oct. 16, 2004

Women's Results: (Blue Race)

1. Alicia Craig .......... Stanford ...... 20:24.4
2. Carol Henry .......... No. Carolina .... 20:23.6
3. Molly Huddles ...... Notre Dame .... 20:29.3
4. Laura Turner ....... BYU ............ 20:30.7
5. Erin Donouhoo ...... No. Carolina .... 20:36.9

Missouri Runners:

35. Ramsey .... 21:29.0 50. Schueber 21:42.5
57. Hansen .... 21:46.1 106. Greer 22:14.4
177. Bundy .... 22:55.7

Open Race:


Women’s Results: (White Race)

1. Ryan Hall .......... Stanford ....... 23:54.4
2. Nate Brannen .... Michigan .... 23:56.8
4. Jason Bill ........... Illniois ....... 23:59.4
5. Nef Aria .......... Stanford ....... 24:01.0

Missouri Runners:

70. Noonan 25:02.8 83. Ross .... 25:12.1
94. Hall ...... 25:17.3 101. Davis .... 25:18.8
163. Mertens25:57.0 178. Moll .... 26:03.4
210. .... 26:28.0

Open Race:

106. Green ... 25:18.8 136. Smith 27:11.9

Team Standings: (24 teams)

1. Stanford ............ 34
2. Michigan ........... 34
3. Notre Dame ........ 127
4. Missouri .......... 164
5. Michigan State .... 174

Open Race:

1. Stanford .... 34
2. Notre Dame .... 111
3. North Carolina ...... 129
4. Missouri .......... 174
5. BYU ............ 192

10. Georgia ........... 261
11. Princeton ........ 305
12. Indiana ........... 309
13. Idaho ............ 339
14. UCLA ........... 344

TERRE HAUTE, Ind. - On a cold and windy Saturday at the NCAA Pre-National meet, the No. 10 nationally-ranked Missouri women's cross country team held their own, placing fourth in a race housed with 14 top 30 teams including four from the national top 10. Junior Amanda Bales led the women's team, and junior Matt Noonan led the men's team to a 23rd-place team finish.

The Tiger women placed fourth in the Blue Division race with 171 points behind No. 1 Stanford, No. 6 Notre Dame, and No. 8 North Carolina. The Tigers also finished higher than conference opponents, No. 16 Baylor and No. 27 Texas Tech and scored wins over the four teams from the NCAA's Midwest Region. All-in-all, each race contained an average of 35 teams and 250 runners.

In the six-kilometer (3.7 miles) women's race, junior Amanda Bales (Bettendorf, Iowa) led the team with a 14th-place individual finish, clocking in at 20:59.3. Followed closely behind by senior Jill Petersen (O'Fallon, Mo., who finished 18th with a personal-best time of 21:07.3. Fellow senior Serena Ramsey (Waukesha, Wis.) took 35th in 21:29. Freshman Maddie Schueler (Louisville, Ky.) ran for a new personal-best of 21:42.5 with her 50th-place showing. Junior Kristin Hansen rounded out the Tiger scoring in 57th.

The men's team beat out three of the four teams from the NCAA Midwest Region to place 23rd overall with 511 points in the eight-kilometer (5 mile) "White" Division race. Junior Matt Noonan (Baldwin City, Kan.) led the way with a 70th-place individual finish, running in 25:02.8. Tim Ross (Alto, Mich.), Chase Hall (Tulsa, Okla.), Josh Davis (Liberty, Mo.), and David Mertens (Ballwin, Mo.) rounded out the scoring for the Tiger squad, finishing 83rd, 94th, 101st, and 163rd, respectively.

The course itself was in good shape, a few soft spots that gave way to a fast landscape for the remainder of the race. Weather-wise, it was a different story. For the 11:00 a.m. start of the women's race, the sun was shining with tempera-
tures in the mid-40s with a strong westerly wind at 20-30 m.p.h. The 12:50 p.m. start of the men's race proved to be even more brutal as the clouds billowed up enough to allow no sunshine to come through and warm the course.

The NCAA Pre-National race is built to allow many of the championship contending schools a chance to preview the NCAA Championship course. Indiana State will be the host school of this year's championship which is held the Monday before Thanksgiving. Terre Haute is also the site of the 2005 and 2006 NCAA Cross Country Championships.
Meet-by-Meet Recaps

Big 12 Championships


Women - 6k * Men - 8k * Weather: Mid-60s, Sunny, Windy from West

Women's Results:
1. Renee Mettivier ... Colorado ... 20:28.05
2. Sara Slattery ... Colorado ... 21:08.97
3. Christine Hilde ... Colorado ... 21:13.85
4. Barbara Kuncl ... Oklahoma ... 21:24.35
5. Mary Davies ... Oklahoma ... 21:32.79

Missouri Runners:
6. Bales* ... 21:33.1
7. Ramsey* ... 21:36.5
8. Petersen* ... 21:41.7
10. Patten ... 22:32.9
11. Kimball ... 22:56.2

* All-Big 12 (top 15)

Men's Results:
1. Benson Chesang ... Kansas ... 20:07.83
2. Brent Vaughan ... Colorado ... 20:08.82
3. Matthew Chesang ... Kansas ... 21:12.90
4. B. Schoelmeeister ... Colorado ... 21:36.16
5. Mark Stotts ... Colorado ... 21:49.77

Missouri Runners:
6. Ross* ... 24:52.9
7. Davis ... 25:44.5
8. Moll ... 26:12.8
9. Mertens ... 26:33.0
10. O'Brien ... 27:16.9

* All-Big 12 (top 15)

TOPEKA, Kan. - On Saturday at the Big 12 Cross Country Championships in Topeka, Kan., the Missouri women's and men's cross country teams finished in second and fifth place, respectively. Now for the eighth time in nine years, the Missouri women have finished in the top three of the Big 12. Five Tigers were named All-Big 12 from top 15 individual finishes including junior Tim Ross who became the first Tiger in at least 25 years to have finished in top 10 of the conference championship, taking sixth.

The No. 9 nationally-ranked Tiger women took a second-place team finish with 59 points, the best point total ever for a Missouz team at the Big 12 Championships. No. 3 Colorado won their sixth-consecutive conference team crown.

Once again the Tiger women were led by junior Amanda Bales (Bettendorf, Iowa) who finished in sixth overall, crossing the line in 21:33:12. Bales has led the Mis- souzi women two years in-a-row at the Big 12 meet and is now a nine-time All-Big 12 performer.

Seniors Serena Ramsey (Waukesha, Wis.) and Jill Petersen (O'Fallon, Mo.) fol- lowed close behind, taking seventh and eighth. Ramsey surged from her 29th- place 2003 showing to become a four-time All-Big 12 performer. Petersen earned her second cross country All-Big 12 honor in two years and her sixth overall.

Junior Valerie Lauver (Allen, Texas) was Missouz's fourth finisher, placing 18th. Freshman Maddie Schueler (Louisville, Ky.) in her first Big 12 race took 20th over- all.

The women's team's 6-7-8-9 finishers were Kristin Hansen, Ashley Patten, Kate Greer, and Kasey Kimball. They hold a special note of the meet for the lady Tigers, as all nine harriers crossed the finishline before the first runner from Kansas, Iowa State, or Texas. All nine Tigers were also in the top 40, something even Colorado can't say.

The men were led by junior Tim Ross (Alto, Mich.) who finished in sixth overall, crossing the tape in 25:52. Ross' finish is the best performance - and the only in the top ten - by a Tiger male in a conference cross country championship in at least 25 years. Ross earned his second All-Big 12 cross country honor and his fifth overall.

Junior Matt Noonan (Ballwin City, Kan.) earned his second all-time All-Big 12 honor with a 15th-place showing, jumping from his 39th-place showing in the 2003 championships. Senior Josh Davis (Liberty, Mo.) was 38th-overall, juniors Chase Hall and Rem Moll rounded out scoring for the Tigers, placing in 35th and 36th, respectively.

The course itself was somewhat soft after recent rains, but proved to be fast in most spots. A strong westerly wind, gusting to 35 m.p.h. at times, proved to be detrimental to individual times, being mainly destructive in the initial 600 meters. The wind, which was the main weather feature of the day, as sunny skies allowed tem- peratures to warm into the mid-60s by late morning.

NCAA Midwest Regional

Peoria, Ill. * Newman Golf Course * Nov. 13, 2004

Women - 6k * Men - 10k * Weather: Cool, Sunny, Low-40s

Women's Results:
1. Cassie Hunt ...... Illinois ... 20:21.29
2. Faithy Kamangila Oral Roberts20:30.07
3. Mary Davies ... Oklahoma ... 20:34.11
4. Jessica Eldridge ... Oklahoma ... 20:36.28
5. Serena Ramsey* ... Missouri ... 20:37.23

Missouri Runners:
6. Petersen* 20:45.5
13. Lauver* 20:50.5
15. Bales* ... 21:07.6
29. Schueler21:35.9
47. Greer ... 21:45.9

* All-Region (Top 25)

Men's Results:
1. Andrew Carlson ... Minnesota ... 24:48.44
2. Mathew Chesang ... Kansas St. ... 30:02.16
3. Ryan Malmin .... Minnesota ... 30:09.96
4. Bill ... 30:12.90
5. Scott Rantall ... Okla. St. ... 30:28.34

Missouri Runners:
8. Ross* ... 30:53.6
9. Noonan* ... 30:54.6
41. Davis ... 31:38.9
51. Moll ... 31:58.9
71. Hall ... 32:22.5
72. Mertens 32:24.8
90. Bell ... 32:53.7

* All-Region (Top 25)

PEORIA, Ill. - The No. 9 nationally-ranked Missouri women's cross country team won the NCAA Midwest Regional team title Saturday at Newman Golf Course in Peoria, Ill. The Tiger women won their fifth regional title in nine years and qualified for their 10th NCAA Championship in 11 years with their best regional score since 1981. The women were led by Serena Ramsey and Jill Petersen and all five scorers earned All-Region honors. The Tiger men finished sixth, with Tim Ross and Matt Noonan placing eighth and ninth, respectively, and now will have to await word on a possible individual automatic or at-large bid into the NCAA Championships.

The women’s team was led by seniors Serena Ramsey and Jill Petersen in the six-kilometer race. Ramsey (Waukesha, Wisc.) came back from 20th place at the half-way point to place fifth, breaking her personal best by 30 seconds with a time of 20:38. Petersen came next in sixth place, running also for a large per- sonal best at 20:46. Valerie Lauver (Allen, Texas) earned her third all-time All-Region honor with a 13th place finish. Amanda Bales (Bettendorf, Iowa) and Kristin Harries (Iowa) rounded out the Tiger scoring in 15th and 18th – all five Tiger scorers earned All-Region honors. Hansen nearly shaved a minute off her personal best, crossing the line in 21:15. Maddie Schueler (Louisville, Ky.) and Kate Greer (Marshaltown, Iowa) were the sixth and seventh Tigers, placing 29th and 47th, respectively.

The Tiger's women's team, who finished ninth in the Big 12 Championships, were ruled out of the NCAA Championships. The NCAA Track & Field Committee will decide late Monday evening on the final championship field. Ross (Alto, Mich.), for the second year in a row, led the Tigers with his eighth place finish coming across the line at 30:54, a personal best. Noonan (Baldwin City, Kan.) earned All-Region honors for the first time in his career with his top 10 finish, improving from his 34th-place finish in 2003. Noonan surged from 18th place in the first 2,000 meters to finish ninth. Senior Josh Davis (Liberty, Mo.) came third for the Tigers with in 41st place. Rem Moll and Chase Hall rounded out scoring for the Tigers with 43rd and 44th, respectively.
NCAA Cross Country Championships

Terre Haute, Ind. * LaVerne Family Center * Nov. 22, 2004
Women - 6k * Men - 10k * Weather: Cool, Low-40s, Track: Muddy

Women’s Results:
1. Kim Smith .......... Providence .. 20:08.5
2. Renee Metevier .. Colorado ....20:26.4
3. Caroline BierbaumColumbia .... 20:30.7
4. Laura Turner ...... BYU ............ 20:37.5
5. M. McCandless ... Pittsburgh.. 20:38.2

Missouri Runners:
65. Ramsey .. 21:35 85. Petersen . 21:47
204. Schueler 22:59

Men’s Results:
1. Simon Bairu ...... Wisconsin ... 30:37.7
2. Matt Gonzales ... New Mexico 30:40.9
3. Joseph Boit ...... Arkansas ... 30:41.8
4. Brent Vaughn ..... Colorado .... 30:48.7
5. B. Schoolmeester Colorado .... 30:56.3

Missouri Runners:
233. Ross ... 34:50.4

Team Standings:
1. Colorado .......... 63
2. Duke ............... 144
3. Providence ........ 164
4. Notre Dame ....... 170
5. Stanford .......... 175
6. Michigan .......... 246
7. Villanova .......... 277
8. BYU ................ 293
9. Arizona State ...... 333
10. North Carolina ... 336
11. Missouri ........... 346

Team Standings:
1. Colorado .......... 90
2. Wisconsin ........ 94
3. Arkansas .......... 202
4. Butler ............. 243
5. BYU ............... 267
6. Stanford .......... 269
7. Iona ............... 279
8. Arizona State ...... 315
9. New Mexico ....... 330
10. Cal Poly .......... 333

TIGER WOMEN PLACE 11th AT NCAA CHAMPIONSHIPS,
BEST IN 20 YEARS
Seniors Serena Ramsey and Jill Petersen lead way for
their final race as a Tiger

TERRE HAUTE, Ind. The Missouri women’s cross country team came up with
an 11th-place national finish at the NCAA Championships on Monday - the
team’s best finish in 20 years. On the mud-filled championship course, Se-

Seniors Ramsey and Jill Petersen led the Tigers. Ramsey (Waukesha, Wisc.) crossed the line in 65th in a time of 21:35.1, despite getting knocked to the ground early in the race. Petersen was 85th overall, clocking in at 21:47.0.

“We had a great season and I’m proud of their efforts in today’s race,” said Rebecca Wilmes, Assistant Cross Country Coach. “Our women will be thinking that they may not have performed just the way they wanted to, but they

should be happy overall of how the season unfolded. They will be more pleased than satisfied and ready to do well this track season and looking forward to next year’s cross country season.”

The Tigers scored 346 points, their best (lowest) since the 1984 squad scored 223 points for the team’s all-time best national finish of 7th.

Tiger junior Kristin Hansen (Milford, Iowa) ran a career race, coming close to
the top 100 and improving by over 100 spots in the final order. Amanda Bales (Bettendorf, Iowa) and Valerie Lauver (Allen, Texas) rounded out Tiger scor-
ing, cracking the top 120.

The Tiger women won the NCAA Midwest Regional last weekend in Peoria, Ill., and came into the meet ranked ninth in the country. Heavy-rains over-

night made an already soft and muddy course nearly into a swamp in some places, not helping the Tiger cause and causing individual times to be slower-

than-average. The Colorado men and women thrived in the conditions and swept both team titles. The favorite on the women’s side, Stanford, placed fifth.

In the men’s race, Tiger junior Tim Ross (Alto, Mich.) placed 233rd.

2004 NCAA Midwest Regional Champions
Big 12 Conference History

WOMEN

<table>
<thead>
<tr>
<th>Year</th>
<th>MU Finish, Pts</th>
<th>MU Top Finisher</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996</td>
<td>4th, 140</td>
<td>Ray Hughes (JR)</td>
</tr>
<tr>
<td>1997</td>
<td>5th, 121</td>
<td>Nick Smith (FR)</td>
</tr>
<tr>
<td>1998</td>
<td>3rd, 98</td>
<td>Ryan Pirtle (SR)</td>
</tr>
<tr>
<td>2000</td>
<td>3rd, 113</td>
<td>Nick Smith (SR)</td>
</tr>
<tr>
<td>2002</td>
<td>9th, 218</td>
<td>Ryan Hampton (JR)</td>
</tr>
<tr>
<td>2003</td>
<td>8th, 161</td>
<td>Tim Ross (SO)</td>
</tr>
<tr>
<td>2004</td>
<td>5th, 157</td>
<td>Tim Ross (JR)</td>
</tr>
</tbody>
</table>

MEN

<table>
<thead>
<tr>
<th>Year</th>
<th>MU Finish, Pts</th>
<th>MU Top Finisher</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996</td>
<td>2nd, 78</td>
<td>Erin Windler (SO)</td>
</tr>
</tbody>
</table>

Begun in 1996. In 1997, Windler - then a junior - led the women’s team to an NCAA Midwest Region title while taking the individual crown. Windler went on to lead the team to a 15th-place national finish, the team’s best in 13 years while taking a 35th-place individual finish. Erin Windler

Windler is the only Tiger to capture an individual Big 12 Conference title since it began in 1996. In 1997, Windler - then a junior - led the women’s team to an NCAA Midwest Region title while also taking the individual crown. Windler went on to lead the team to a 15th-place national finish, the team’s best in 13 years while taking a 35th-place individual finish.
## NCAA Championship History

### WOMEN

<table>
<thead>
<tr>
<th>Year</th>
<th>Team Champ, Pts</th>
<th>MU Finish, Pts</th>
<th>MU Top Finisher</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>Stanford, 120</td>
<td>12th, 383</td>
<td>Amanda Bales (SO), 23rd</td>
<td>Waterloo, Iowa</td>
</tr>
<tr>
<td>2002</td>
<td>Brigham Young, 85</td>
<td>16th, 437</td>
<td>Amanda Bales (FR), 53rd</td>
<td>Terre Haute, Ind.</td>
</tr>
<tr>
<td>2001</td>
<td>Brigham Young, 62</td>
<td>one runner</td>
<td>Ann Marie Brooks (SR), 28th</td>
<td>Farmington, S.C.</td>
</tr>
<tr>
<td>2000</td>
<td>Colorado, 117</td>
<td>16th, 404</td>
<td>Kerry Hills, 79th</td>
<td>Ames, Iowa</td>
</tr>
<tr>
<td>1999</td>
<td>Brigham Young, 72</td>
<td>23rd, 480</td>
<td>Anna Gullingsrud, 71st</td>
<td>Bloomington, Ind.</td>
</tr>
<tr>
<td>1998</td>
<td>Villanova, 106</td>
<td>21st, 483</td>
<td>Kim Moore, 60th</td>
<td>Lawrence, Kan.</td>
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<tr>
<td>1997</td>
<td>Brigham Young, 100</td>
<td>19th, 392</td>
<td>Erin Windlier, 35th</td>
<td>Farmington, S.C.</td>
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<tr>
<td>1995</td>
<td>Providence, 88</td>
<td>22nd, 495</td>
<td>Rebecca Davis, 66th</td>
<td>Ames, Iowa</td>
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<tr>
<td>1994</td>
<td>Villanova, 82</td>
<td>individuals</td>
<td>Susan Bliss, 3rd</td>
<td>Knoxville, Tenn.</td>
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<tr>
<td>1993</td>
<td>Villanova, 99</td>
<td>individuals</td>
<td>Susan Bliss, 4th</td>
<td>Annapolis, Md.</td>
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<tr>
<td>1992</td>
<td>Kentucky, 75</td>
<td>individuals</td>
<td>Susan Bliss, 85th</td>
<td>Ames, Iowa</td>
</tr>
<tr>
<td>1991</td>
<td>Wisconsin, 83</td>
<td>7th, 223</td>
<td>Sabrina Dornhoefer, 9th</td>
<td>College Park, Penn.</td>
</tr>
<tr>
<td>1990</td>
<td>Oregon, 95</td>
<td>individuals</td>
<td>Andrea Fischer, 5th</td>
<td>Bethlehem, Pa.</td>
</tr>
<tr>
<td>1989</td>
<td>Virginia, 44</td>
<td>individuals</td>
<td>Sabrina Dornhoefer, 19th</td>
<td>Bloomington, Ind.</td>
</tr>
<tr>
<td>1988</td>
<td>Virginia, 38</td>
<td>9th, 234</td>
<td>Andrea Fischer, 11th</td>
<td>Wichita, Kan.</td>
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### AIAW Championship

<table>
<thead>
<tr>
<th>Year</th>
<th>Team Champ, Pts</th>
<th>MU Finish, Pts</th>
<th>MU Top Finisher</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1979</td>
<td>not available</td>
<td>16th, 412</td>
<td>Tallahassee, Fla.</td>
<td></td>
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<tr>
<td>1978</td>
<td>Iowa State, 119</td>
<td>two runners</td>
<td></td>
<td></td>
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<tr>
<td>1977</td>
<td>two runners</td>
<td></td>
<td></td>
<td></td>
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</table>

### MEN

<table>
<thead>
<tr>
<th>Year</th>
<th>Team Champ, Pts</th>
<th>MU Finish, Pts</th>
<th>MU Top Finisher</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>Colorado, 99</td>
<td>one runner</td>
<td>Tim Ross, 233rd</td>
<td>Terre Haute, Ind.</td>
</tr>
<tr>
<td>2000</td>
<td>Arkansas, 83</td>
<td>27th, 649</td>
<td>Nick Smith, 57th</td>
<td>Ames, Iowa</td>
</tr>
<tr>
<td>1999</td>
<td>Arkansas, 98</td>
<td>28th, 556</td>
<td>Adam MacDowell, 83rd</td>
<td>Bloomington, Ind.</td>
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<tr>
<td>1998</td>
<td>Arkansas, 97</td>
<td>27th, 529</td>
<td>Ryan Pirtle, 14th</td>
<td>Lawrence, Kan.</td>
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<tr>
<td>1997</td>
<td>Oregon, 100</td>
<td>18th, 422</td>
<td>Brad Hawthorne, 88th</td>
<td>Pullman, Wash.</td>
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<tr>
<td>1996</td>
<td>UTEP, 74</td>
<td>one runner</td>
<td>Ron Harmon, 80th</td>
<td>Denton, Texas</td>
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<tr>
<td>1994</td>
<td>Oregon, 89</td>
<td>19th, 445</td>
<td>Tim McMullen, 59th</td>
<td>Bloomington, Ind.</td>
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<tr>
<td>1993</td>
<td>Oregon, 89</td>
<td>one runner</td>
<td>Charlie McMullen, 13th</td>
<td>Houston, Texas</td>
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<tr>
<td>1991</td>
<td>Villanova, 85</td>
<td>22nd, 543</td>
<td>not available</td>
<td>New York, N.Y.</td>
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<td>1990</td>
<td>Villanova, 78</td>
<td>11th, 280</td>
<td>Glenn Ogden, 33rd</td>
<td>New York, N.Y.</td>
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<tr>
<td>1989</td>
<td>Villanova, 91</td>
<td>6th, 188</td>
<td>Glenn Ogden, 15th</td>
<td>Cheyenne, Wyo.</td>
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<tr>
<td>1980</td>
<td>Houston, 54</td>
<td>individuals</td>
<td>Robert Hanneken, 10th</td>
<td>East Lancing, Mich.</td>
</tr>
</tbody>
</table>

**John Munski**

Mizzou’s First Cross Country All-American (1939)

**Glenn Ogden**

All-American, helped men’s team to sixth-place national finish in 1967, the best in team history

**Susan Bliss**

Two-Time All-American with two top five national finishes

**Keith Bacon**

1955 NCAA Cross Country Champion

**Sabrina Dornhoefer**

Three-Time Cross Country All-American

**Amanda Bales**
