

SAN FRANCISCO

SAN FRANCISCO POSTS BEST MEN'S & WOMEN'S FINISHES AT 2006 WEST COAST CONFERENCE CHAMPIONSHIPS DONS TURN IN RUNNER-UP SHOWINGS IN BOTH MEN'S AND WOMEN'S RACES

USF DONS CROSS COUNTRY FOR THE RECORD...

2006 WEST COAST CONFERENCE CHAMPIONSHIPS -

- For the first time in school history, both men's and women's cross country finished second at the West Coast Conference Championships and match the all-time bests for men (2005) and women (2004).
- USF's men's team improved its team time 2:19 seconds from 2005 event
- Five USF harriers earned All-Conference First Team honors after top-10 finishes, and another four earned honorable mention with top-15 finishes.

USF Men's All-WCC Team

Jr. Kenny Sparks, 7th (26:04)
 Jr. Cheyne Inman, 8th (26:05)
 Jr. Ryan Courtwright, 10th (26:08)
 So. Alex Nelson, 12th (26:27)*

USF Women's All-WCC Team

Jr. Jennifer Hartford, 5th (22:45)
 Jr. Lucy Miller, 7th (23:08)
 So. Michelle Born, 11th (23:16)*
 Sr. Renee Stribling, 14th (23:27)*
 Fr. Laurel Kleiber, 15th (23:31)*

*All-WCC Honorable Mention Selections

- Junior Cheyne Inman captured All-WCC First Team honors for the third straight year and is the most decorated runner in program history

2006 NCAA REGIONALS -

- The USF women (443) placed 16th, while the men took 18th place at the NCAA West Regional in Portland.
- The USF women improved their team score by 85 points in 2006 after finishing 20th with 528 points at last year's regional.
- Junior Jennifer Hartford capped a breakthrough season leading the Dons with in 53rd place (22:45.88) - the highest for a Don since Jeannine Hagedorn took 27th in 2004 - and the second best turned in by a USF runner at a Regional meet.

ADDITIONAL 2006 USF CROSS COUNTRY HIGHLIGHTS -

USF Team Championships

Men
 2006 San Francisco Invitational (8K)
Women
 2006 Sacramento State Invitational (5K)

USF Individual Winners

Men
 Jr. Cheyne Inman (26:12.50) - SF Inv.
Women
 Jr. Jennifer Hartford (18:30) - Sac. St. Inv.
 Jr. Liz Noey (23:02) - SF State Inv. (6K)

- San Francisco kicked off the season with a men's first place and women's second place finish at its own invitational on September 2.
- USF women finished second at the Santa Clara Bronco Invite, behind only Stanford, which won the 2006 NCAA Division I Championship. Junior Lucy Miller paced the Dons with a seventh place finish in the 5k (17:52), while junior Jennifer Hartford (18:00) was 13th, sophomore Michelle Born (18:14.2) was 17th and senior Renee Stribling (21:18.15) was in 21st place. USF posted the top team time in program history (91:08).
- Juniors Cheyne Inman (26:12.50) and Ryan Courtwright (26:13.50) led the way for the men, snagging first and second place in the men's 8K.
- USF placed five men and two women in the top-10 of their respective races in the San Francisco Invite, with junior Jennifer Hartford recording the best finish for the women in fifth place with a time of 18:12.80.
- Junior Liz Noey won the 6k at the 2006 San Francisco State Invitational, helping the women's team earn a second place overall finish. Noey won the event in a time of 23:02.
- USF Women's cross country took a first place finish at the Sacramento State Invitational. Junior Jennifer Hartford finished first in the Women's 5k with a time of 18:30 as six Dons women crossed the line in the top-10 in Sacramento.



Cheyne Inman captured All-West Coast Conference First Team honors for an unprecedented third straight season

2006 West Coast Conference Championship 2. 63 SAN FRANCISCO (26:19 131:33)

7	106	Kenny Sparks	JR	26:04
8	101	Cheyne Inman	JR	26:05
10	99	Ryan Courtwright	JR	26:08
15	104	Alex Nelson	SO	26:27
23	105	Micael Smith	FR	26:49



Junior Jennifer Hartford enjoyed a career year for the Dons

USF Women's 2006 WCC Championship 2. 52 SAN FRANCISCO (23:14 116:07)

5	89	Jennifer Hartford	JR	22:45
7	94	Lucy Miller	JR	23:08
11	87	Michelle Born	SO	23:16
14	96	Renee Stribling	SR	23:27
15	92	Laurel Kleiber	FR	23:31