



GOLDEN HURRICANE

CROSS COUNTRY

2011 Men's Cross Country Roster

Name	Cl-Exp	Hometown
David Annett	Fr-HS	Tulsa, Okla.
Nathan Barrett	Fr-HS	Wellington, New Zealand
Austin Cookson	So-SQ	St. Louis, Mo.
Emmett Cookson	So-1L	St. Louis, Mo.
Geraint Davies	Jr-1L	Leicester, England, U.K.
Derek Eidt	Jr-1L	Parker, Colo.
Casey Fitzgerald	So-WO	Blackpool, Mo.
Brad Harris	Sr-2L	Chesterfield, Mo.
Andrew Heyes	Jr-TR	Sheffield, Yorkshire, U.K.
Dennis Hodapp	Fr-RS	Austin, Texas
Adam Johnson	Fr-HS	Broken Arrow, Okla.
Mitch Johnson	Jr-2L	Broken Arrow, Okla.
James Keilbarth	So-SQ	Tulsa, Okla.
Jonas Legernes	Fr-HS	Baerums Verk, Norway
Will LePage	So-1L	Centertown, Mo.
Seth Marsh	Fr-RS	Collinsville, Okla.
Tom Marshall	Sr-1L	Rhayader, Powys, U.K.
Bill Martin	Sr-3L	Overland Park, Kan.
Sam Masters	Jr-1L	Columbia, Mo.
Kevin Mayer	So-1L	Overland Park, Kan.
Chris O'Hare	Jr-2L	Edinburgh, Scotland
Paulo Pinheiro	Sr-1L	Lisbon, Portugal
Tim Rackers	Fr-HS	St. Louis, Mo.
Carl Stones	Sr-3L	Round Rock, Texas
Brian Tabb	Fr-RS	Round Rock, Texas
Danny Thater	Fr-RS	Springfield, Mo.
Aaron Thornburg	Fr-HS	Lenexa, Kan.

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December 1, 2011
 Final Release
 Women's C-USA Finish: 2nd
 Women's Regional Finish: 8th

Men's National Ranking: 21st
 Men's NCAA Finish: 25th
 Men's C-USA Finish: 1st
 Men's Regional Finish: 3rd

TU MEN TAKE 25TH AT NCAA CHAMPIONSHIP, WHITING PLACES 49TH

The No. 21-ranked Tulsa men finished 25th at the NCAA Division I Cross Country Championships November 21 in Terre Haute, Ind. The 10K race took place at the La-Vern Gibson Championship Course located at Wabash Valley Family Sports Center. The Golden Hurricane tallied 580 points in its first trip to nationals since 2008. Junior Andrew Heyes paced TU with an 86th-place finish, as he ran the 10K in a personal-best time of 30:41.7. Senior Paulo Pinheiro was right behind Heyes with a 90th-place finish in a career-best mark of 30:43.4. Fellow senior Tom Marshall placed 163rd with a mark of 31:23.3, while redshirt freshman Dennis Hodapp finished 193rd with a personal-best time of 31:42.3. Junior Geraint Davies rounded out the team score with his 203rd-place finish. He crossed the line in 31:50.5. Senior Carl Stones (215th, 32:01.8) and junior Sam Masters (221st, 32:06.0) also ran for the Golden Hurricane. The 25th-place finish was the second highest in school history (13th in 2008, 29th in 2007). Senior Paula Whiting competed as an individual in the women's race, placing 49th in a 6K time of 20:37. She improved tremendously from her 133rd-place finish last year, and was just nine spots shy of earning All-America distinction.

MEN, WHITING TIE SCHOOL RECORDS WITH THIRD-PLACE FINISHES AT REGIONALS

The Golden Hurricane men equaled their highest regional finish in school history by placing third at the NCAA Midwest Regional Nov. 12. The team ran at the NIU North 40 Course, and the event was hosted by Northern Illinois University. TU fell one spot shy of automatically qualifying for the NCAA Championship, but the team earned an at-large bid into the 31-team field. Tulsa had 120 points, finishing nine points ahead of fourth-place and No. 18-ranked Minnesota. No. 2 Oklahoma State and No. 5 Oklahoma took top honors. Senior Paulo Pinheiro (16th in 31:39.53), junior Geraint Davies (21st in 31:51.27) and senior Carl Stones (25th in 31:55.15) paced TU and all earned spots on the All-Midwest Region Team. Junior Andrew Heyes (26th in 31:56.71) landed one spot shy of the all-region team. Senior Tom Marshall (30th in 32:04.08) rounded out the team score. The TU men have finished in the top eight in each of the last six years. Senior Paula Whiting finished third for the second-straight year, which again tied the school record for best finish at the regional event. She was also named to the All-Midwest Region Team. The TU women took eighth with 248 points and saw their season come to a close. Junior Jaclyn Rollins (40th in 22:11.86), sophomore Josie Wilcox (47th in 22:22.27), junior Ashley Scott (50th in 22:25.04) and freshman Lauren Collette (109th in 23:13.02) were part of the team score.

2011 Women's Cross Country Roster

Name	Cl-Exp	Hometown
Tricity Andrew	Jr-2L	Enid, Okla.
Natasha Cockram	Fr-HS	Cwmbram, Wales, U.K.
Lauren Collette	Fr-RS	Springfield, Mo.
Emily Dunn	Fr-HS	San Antonio, Texas
Janessa Dunn	Fr-HS	San Antonio, Texas
Larissa Erickson	Fr-HS	Shawnee, Kan.
Zoraya Hightower	Sr-2L	Ada, Okla.
Erin Huddleston	Jr-2L	Branson, Mo.
Melanie Hughes	Jr-TR	St. Bruno, Quebec, Canada
Brandi Krieg	Fr-HS	De Beque, Colo.
Sarah Macpherson	Jr-2L	Fredericton, New Brunswick
Jaclyn Rollins	Jr-2L	Windham Centre, Ontario, Can.
Ashley Scott	Jr-2L	St. Clair, Mo.
Paula Whiting	Sr-2L	Dunedin, New Zealand
Josie Wilcox	So-1L	Nelson, New Zealand

THREE LAND ON ALL-C-USA ACADEMIC TEAMS

Three members of the cross country teams landed on the 2011 Conference USA All-Academic Team. The honor is selected by the league's sports information directors for the sport. The three recipients were seniors Bill Martin, Carl Stones and Paula Whiting. Stones, a 3.74 exercise sports science major, has appeared on the Dean's List five times. This season, Stones earned All-C-USA first team honors after placing fourth (24:01.5) at the C-USA Championship. He went on to finish 25th (31:55.15) at the NCAA Midwest Regional to receive All-Midwest Region honors. A 3.92 biochemistry major, Martin repeats his all-academic honor from 2009. He earned All-C-USA third team honors after placing 19th (25:15.7) at the conference meet. Martin is also a member of the Golden Hurricane Dean's List. Whiting, a 3.95 psychology major picks up her

2011 Cross Country Schedule

Date	Event	Site/Res.
SEPTEMBER		
3	Hurricane Festival	M: 1-2, W: 4-1
17	Houston	M: 23-38, W: 16-47
24	@ Oral Roberts	M: 19-38, W: 29-27
OCTOBER		
1	@ OSU Cowboys Jamboree	M: 6th, W: 5th
16	@ NCAA Pre-Nationals	M: 6th, W: 10th
NOVEMBER		
1	@ C-USA Championship	M: 1st, W: 2nd
12	@ NCAA Midwest Regional	M: 3rd, W: 8th
21	@ NCAA Championship	M: 25th, Whiting: 49th

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Conference Championships: **Men** (WAC - 2003, C-USA - 2008, 2010-11) - **Women** (WAC - 2001, C-USA - 2010)

NCAA Championship Appearances: **Men** (2007-08, 2011) - **Women** (2010)

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USTFCCCA MEN'S DIVISION I NATIONAL POLL

Week 10 - Nov. 15, 2011

Rk.	Team	Points	Previous
1.	Wisconsin (8)	356	1
2.	Oklahoma State (4)	351	2
3.	BYU	332	3
4.	Oklahoma	317	5
5.	Stanford	301	6
6.	Colorado	296	4
7.	Indiana	287	7
8.	Portland	279	8
9.	Texas	240	11
10.	N.C. State	227	14
11.	Florida State	226	16
12.	Syracuse	222	29
13.	Northern Arizona	218	12
14.	Iona	208	9
15.	Georgetown	204	23
16.	Villanova	169	13
17.	Michigan	153	19
	Princeton	153	9
19.	Minnesota	127	18
	Eastern Kentucky	127	20
21.	TULSA	121	27
22.	Texas A&M	117	24
23.	Columbia	105	22
24.	Cal Poly	89	RV
25.	Notre Dame	68	RV
26.	Providence	63	30
27.	Washington State	51	RV
28.	New Mexico	41	RV
29.	Florida	38	RV
30.	Ohio State	30	28

Others Receiving Votes: Penn State 17, Arkansas 9, California 7, Georgia 6, Oregon 5, UCLA 4.

second C-USA academic honor and is a four-time President's List selection. Whiting was the team's top finisher in all six races this season and qualified for the NCAA Championship as an at-large bid where she finished 49th (20:37.0). Whiting placed third at the C-USA Championship (16:43.6) and the NCAA Midwest Regional (20:54.33), earning All-C-USA first team honors and All-Midwest Region accolades for the second-straight year.

MEN REPEAT AS C-USA CHAMPS, WOMEN FINISH RUNNER UP

The TU men captured their second-straight Conference USA Championship and their third in the last four years on October 31 in Houston. Tulsa outlasted second-place UTEP by a score of 35-48, while Houston finished third with 71 points and Rice (108) and Marshall (133) rounded out the top five. Senior Carl Stones paced the men with a fourth-place finish in 24:01.5. Junior Andrew Heyes (24:02.6) was right behind in fifth, and junior Geraint Davies (7th - 24:10.0), senior Tom Marshall (9th - 24:13.3) and senior Paulo Pinheiro (10th - 24:15.6) rounded out the team score. Tulsa had six runners in the top 11 and all nine TU runners landed on all-conference teams. Head Coach Steve Gulley was named the C-USA Men's Cross Country of the Year. The women fell two points shy of winning back-to-back crowns, as they took second to SMU by a score of 57-59. Senior Paula Whiting finished third in 16:43.6, and junior Ashley Scott was eighth in 17:33.5. Junior Jaclyn Rollins (11th - 17:37.0), sophomore Josie Wilcox (18th - 17:59.5) and redshirt freshman Lauren Collette (19th - 18:00.0) rounded out the team score. All five runners made all-conference teams, and Collette was named the C-USA Freshman of the Year.

MEN SHINE AT NCAA PRE-NATIONALS

The TU men's cross country team had a stellar showing at NCAA Pre-Nationals October 16. The team finished sixth out of 35 teams in the 8K event with 197 points and took down No. 7 Indiana in the process. The Hoosiers placed eighth with 259 points. Tulsa also defeated No. 41 Virginia Tech as the Hokies placed ninth with 322 points. Senior Paulo Pinheiro paced the Golden Hurricane with his 30th-place finish. He crossed the line in 24:49. The women finished 10th out of 40 teams, ending the 6K event with 336 points. Senior Paula Whiting paced the women with an 11th-place finish, as she crossed the line in 20:59.

TU MAKES MARK IN STILLWATER

The Tulsa women placed fifth out of 20 teams, and the TU men placed sixth out of 29 teams at the OSU Jamboree in Stillwater Oct. 1. Both teams had strong showings at the event, and the men were led by senior Paulo Pinheiro's 18th-place finish. He crossed the line in 24:33.81 in the 8K event. Senior Paula Whiting led the women with her 13th-place finish in the 5K race. Junior Ashley Scott also recorded a top-20 finish as she placed 18th in 17:58.54.

GOLDEN HURRICANE SPLIT DUELS WITH ORAL ROBERTS

Tulsa competed in a duel against Oral Roberts Sept. 24 and utilized a team of youngsters. The men defeated the Golden Eagles by a score of 19-38, while the women reserves were narrowly defeated by ORU's A team 27-29. Freshman Aaron Thornburg paced the men, winning the 5K event in a time of 16:36.58. TU had five of the top six finishers. Freshman Larissa Erickson finished second overall and was tops on the women's team in a two-mile time of 11:39.60. Redshirt freshman Lauren Collette was third in 11:40.21.

C-USA Team Results

Men	
1.....Tulsa	35
2.....UTEP	48
3.....Houston	71
4.....Rice	108
5.....Marshall	133
6.....Memphis	135
7.....ECU	191
8.....Tulane	228

C-USA Team Results

Women	
1.....SMU	57
2.....Tulsa	59
3.....Rice	83
4.....ECU	86
5.....UTEP	162
6.....UAB	167
7.....Memphis	208
8.....Houston	219
9.....Tulane	236
10...UCF	258
11...Southern Miss	271
12...Marshall	281

TU MEN'S 2011 RANKINGS

National	Regional
Aug. 30	NR
Aug. 29	5
Sept. 13	NR
Sept. 12	5
Sept. 20	NR
Sept. 19	5
Sept. 27	NR
Sept. 26	6
Oct. 4	RV
Oct. 3	5
Oct. 18	27
Oct. 17	4
Nov. 1	27
Oct. 31	4
Nov. 15	21

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Conference Championships: **Men** (WAC - 2003, C-USA - 2008, 2010-11) - **Women** (WAC - 2001, C-USA - 2010)

NCAA Championship Appearances: **Men** (2007-08, 2011) - **Women** (2010)

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TULSA ROLLS OVER HOUSTON IN DUEL

The Golden Hurricane competed in a duel against Houston after the Missouri Southern Stampede was rained out. The men dropped the Cougars 23-38, while the women by a margin of 16-47. Senior Paulo Pinheiro won the four-mile event with a career-best time of 19:05. Tulsa took eight of the top 10 positions. Senior Paula Whiting won the women's two-mile with a personal-best mark of 10:49. She narrowly edged out rookie teammate Natasha Cockram, who also clocked in at 10:49.

WHITING DOMINATES SEASON-OPENING HURRICANE FESTIVAL

Paula Whiting kicked off her senior campaign with a dominating effort at the season-opening Hurricane Festival Sept. 3. She won the two-mile event by 23 seconds in a personal-best time of 10:55. Junior Sarah Macpherson placed fourth in a career-best 11:21. Freshmen Natasha Cockram and Janessa Dunn crossed the line next for TU in seventh and ninth, respectively. Redshirt freshman Lauren Collette placed 13th and true freshman Larissa Erickson placed 17th. The TU women finished 4-1 in the duels. The men used an inexperienced group and finished 1-2 in the duels. Freshman Tim Rackers paced TU with his seventh-place finish. Sophomore James Keilbarth, redshirt freshman Brian Tabb and sophomore Austin Cookson finished in 11th, 12th and 13th, respectively. Freshman Aaron Thornburg placed 15th to round out the team scoring. Junior Derek Eidt placed 20th and redshirt freshman Seth Marsh was 21st.

MEN JUMP TO NO. 21 IN LATEST NATIONAL RANKS

The TU men vaulted six spots to No. 21 in the latest version of the USTFCCCA Division I Cross Country rankings released Nov. 15. The Golden Hurricane was unranked for most of the season, but made a charge late in the year. TU received votes on Oct. 4 and was ranked twice at No. 27 on Oct. 18 and Nov. 1 before vaulting to a season-high mark of No. 21 on Nov. 15. The women were receiving votes in each of the first six polls this season before exiting the ranks in the final two polls.

MEN MOVE UP TO NO. 4 IN MIDWEST REGIONAL RANKINGS

The TU men earned a season-high rank of No. 4 in the final two regional polls. Tulsa was ranked No. 5 in four of the previous five polls. The TU women were ranked No. 5 in each of the first five regional polls before falling to No. 12. The final regional polls, released Oct. 31, had Tulsa ranked at No. 9.

MEN'S TEAM SPORTS LARGEST ROSTER IN GULLEY ERA

The Tulsa men have 27 runners this year, and coach Steve Gulley is sporting his largest roster for the second-straight year (the team had 26 runners in 2010). The five seniors on the 2011 squad are Brad Harris, Tom Marshall, Bill Martin, Paulo Pinheiro and Carl Stones. There are also six juniors, six sophomores and 10 freshmen.

WOMEN BRING BACK THREE ALL-CONFERENCE PERFORMERS

TU returns three all-conference honorees from last season, including all-C-USA First-Team members Paula Whiting. The senior was the runner up at the Conference USA Championship last year, and she was also named to the Second Team her sophomore year. Junior Jaclyn Rollins was named to the all-C-USA Second Team last season, and fellow junior Ashley Scott landed on the third team.

MEN RETURN SEVEN ALL-CONFERENCE RUNNERS

Tulsa welcomes back seven all-C-USA performers from last years' squad, highlighted by first team members Carl Stones and Chris O'Hare. Stones is a three-time all-conference

USTFCCCA WOMEN'S DIVISION I NATIONAL POLL

Week 10 - Nov. 15, 2011

Rk.	Team	Points	Previous
1.	Florida State (11)	359	1
2.	Villanova	335	2
3.	Washington	326	6
4.	Georgetown	322	7
5.	Vanderbilt	313	7
6.	Colorado (1)	287	3
7.	Iowa State	275	10
8.	Arizona	258	16
9.	West Virginia	252	13
10.	Michigan	244	15
11.	New Mexico	242	19
12.	Syracuse	240	9
13.	Stanford	218	8
14.	Arkansas	205	17
15.	Michigan State	185	12
16.	Oregon	180	11
17.	Texas	166	14
18.	Boston College	162	18
19.	Virginia	150	21
20.	N.C. State	131	20
21.	Penn State	117	22
22.	Oklahoma State	114	23
23.	California	91	26
24.	Toledo	85	RV
25.	Wisconsin	59	28
26.	San Francisco	47	27
27.	Providence	41	5
28.	Minnesota	37	30
29.	Notre Dame	32	24
30.	Florida	30	RV

Others Receiving Votes: North Carolina 23, Cornell 18, BYU 13, Weber State 12, Arizona State 7, Columbia 4.

TU WOMEN'S 2011 RANKINGS

<i>National</i>	<i>Regional</i>
Aug. 30 RV	Aug. 29 5
Sept. 13 RV	Sept. 12 5
Sept. 20 RV	Sept. 19 5
Sept. 27 RV	Sept. 26 5
Oct. 4 RV	Oct. 3 5
Oct. 18 RV	Oct. 17 12
Nov. 1 NR	Oct. 31 9
Nov. 15 NR	

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Conference Championships: **Men** (WAC - 2003, C-USA - 2008, 2010-11) - **Women** (WAC - 2001, C-USA - 2010)

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performer, as the senior was also named to the third team in 2008 and '09. O'Hare, a junior, was named to the second team in 2009. Four members of the squad made the second team in 2010, and they all return this year. They are senior Tom Marshall and juniors Geraint Davies, Mitch Johnson and Sam Masters. Senior Paulo Pinheiro was named to the third team in his first year with the Golden Hurricane.

WOMEN REACH NCAA CHAMPIONSHIP FOR FIRST TIME IN 2010

The Tulsa women competed as a team at the NCAA Championship for the first time in program history a year ago, finishing the competition as the 30th-best team in the nation. The women who competed were Melanie Cleland, Paula Whiting, Jacqueline Fairchild, Jaclyn Rollins, Ashley Scott, Erin Huddleston, Josie Wilcox.

WOMEN FINISH FOURTH AT NCAA MIDWEST REGIONAL, MEN PLACE SIXTH IN 2010

The TU women finished fourth at the NCAA Midwest Regional Championship in Peoria, Ill., last year. This was the highest finish in school history. Senior Paula Whiting finished third individually, which tied for the best regional finish in school history. The men placed sixth, which was the third-lowest regional finish in school history.

TULSA DOUBLES UP AT 2010 CONFERENCE USA CHAMPIONSHIP

The Golden Hurricane took home both the men's and women's Conference USA Championships last year. The TU programs smoked the competition and became just the third school in C-USA history to win both titles on the same day. The men defeated second-place UTEP by a score of 34-40 for their second trophy in three years, while the women's side topped Rice 27-57 for their first Conference USA crown. The 30-point victory over the Owls was the third-largest margin of victory in league history.

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2011 HONORS

C-USA Champions

Tulsa Men

C-USA Runner Up

Tulsa Women

All-Midwest Region

Geraint Davies
Paulo Pinheiro
Carl Stones
Paula Whiting

C-USA All-Conference - Men

First Team All-Conference

Carl Stones
Andrew Heyes
Geraint Davies

Second Team All-Conference

Tom Marshall
Paulo Pinheiro
Dennis Hodapp
Sam Masters

Third Team All-Conference

Mitch Johnson
Bill Martin

C-USA All-Conference - Women

First Team All-Conference

Paula Whiting

Second Team All-Conference

Ashley Scott
Jaclyn Rollins

Third Team All-Conference

Josie Wilcox
Lauren Collette

C-USA All-Academic Team

Bill Martin
Carl Stones
Paula Whiting

C-USA Freshman of the Year - Women

Lauren Collette

C-USA Coach of the Year - Men

Steve Gulley

Tulsa Student-Athlete of the Week

Carl Stones - October 17
Paula Whiting - November 14

Top 5 Career Performances of Current Male Athletes

4 Mile Run

1..... Paulo Pinheiro	19:05
2..... Dennis Hodapp.....	19:34
3..... Danny Thater.....	19:35
4..... Geraint Davies.....	19:40
5..... Mitch Johnson	19:41

8,000-Meter Run

1..... Chris O'Hare.....	23:58
2..... Carl Stones.....	24:01
3..... Andrew Heyes	24:02
4..... Geraint Davies.....	24:10
5..... Tom Marshall.....	24:13

10,000-Meter Run

1..... Andrew Heyes	30:41
2..... Paulo Pinheiro	30:43
3..... Chris O'Hare.....	30:49
4..... Carl Stones.....	31:11
5..... Geraint Davies.....	31:11

Top 5 Career Performances of Current Female Athletes

2 Mile Run

1..... Paula Whiting	10:49
2..... Natasha Cockram.....	10:49
3..... Ashley Scott.....	10:50
4..... Sarah Macpherson	11:00
5..... Jaclyn Rollins.....	11:03

5,000-Meter Run

1..... Paula Whiting	16:33
2..... Jaclyn Rollins.....	17:11
3..... Ashley Scott.....	17:33
4..... Josie Wilcox.....	17:59
5..... Lauren Collette	18:00

6,000-Meter Run

1..... Paula Whiting	20:04
2..... Jaclyn Rollins.....	21:12
3..... Ashley Scott.....	21:31
4..... Erin Huddleston	22:05
5..... Josie Wilcox.....	22:09

Conference Championships: **Men** (WAC - 2003, C-USA - 2008, 2010-11) - **Women** (WAC - 2001, C-USA - 2010)

NCAA Championship Appearances: **Men** (2007-08, 2011) - **Women** (2010)

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GOLDEN HURRICANE CROSS COUNTRY

2011 Men's Cross Country Results

HURRICANE FESTIVAL - 4 Miles
Tulsa, Okla. - September 3, 2011

1.....	Tim Rackers (7th)	20:44
2.....	James Keilbarth (11th)	21:06*
3.....	Brian Tabb (12th)	21:09
4.....	Austin Cookson (13th)	21:13
5.....	Aaron Thornburg (15th)	21:42
6.....	Derek Eidt (20th)	22:11
7.....	Seth Marsh (21st)	22:12
8.....	Adam Johnson (23rd)	22:25*
9.....	Casey Fitzgerald (29th)	23:28*

Team: Third out of 4 teams, 33 runners

Duel Results

Tulsa (15) defeated Arkansas-Fort Smith (50)
Oklahoma (24) defeated **Tulsa (31)**
Oklahoma State (17) defeated **Tulsa (42)**

HOUSTON DUEL - 4 Miles
Tulsa, Okla. - September 17, 2011

1.....	Paulo Pinheiro (1st)	19:05*
2.....	Dennis Hodapp (4th)	19:34*
3.....	Danny Thater (5th)	19:35*
4.....	Geraint Davies (6th)	19:40*
5.....	Mitch Johnson (7th)	19:41*
6.....	Carl Stones (8th)	19:42*
7.....	Andrew Heyes (9th)	19:57*
8.....	Sam Masters (10th)	19:57*
9.....	Bill Martin (12th)	20:01*
10.....	Tom Marshall (13th)	20:13*
11.....	Emmett Cookson (14th)	20:15*
12.....	Austin Cookson (15th)	20:29*
13.....	Brian Tabb (16th)	20:35*
14.....	Tim Rackers (17th)	20:36*
15.....	Derek Eidt (22nd)	21:22*
16.....	Aaron Thornburg (23rd)	21:33*
17.....	Brad Harris (24th)	21:38*
18.....	Seth Marsh (25th)	22:01*

Duel Results

Tulsa (23) defeated Houston (38)

Oral Roberts Duel - 5K
Tulsa, Okla. - September 24, 2011

1.....	Aaron Thornburg (1st)	16:36:58*
2.....	Adam Johnson (3rd)	16:46.74*
3.....	Derek Eidt (4th)	16:49.38*
4.....	Kevin Mayer (5th)	16:51.57*
5.....	Seth Marsh (6th)	17:02.79*
6.....	Casey Fitzgerald (9th)	18:00.45*

Duel Results

Tulsa (19) defeated Oral Roberts (38)

OSU Jamboree - 8K
Stillwater, Okla. - September 30, 2011

1.....	Paulo Pinheiro (18th)	24:33.91
2.....	Danny Thater (25th)	24:42.72*
3.....	Andrew Heyes (26th)	24:42.74
4.....	Carl Stones (31st)	24:50.18
5.....	Geraint Davies (50th)	25:06.12
6.....	Dennis Hodapp (57th)	25:10.82
7.....	Mitch Johnson (65th)	25:16.47
8.....	Bill Martin (78th)	25:29.93
9.....	Tim Rackers (93rd)	25:43.99*
10.....	Tom Marshall (107th)	25:52.70
11.....	Brian Tabb (130th)	26:18.08*
12.....	Emmett Cookson (148th)	26:32.54
13.....	Nathan Barrett (166th)	26:44.92*
14.....	Sam Masters (185th)	26:59.07
15.....	Austin Cookson (188th)	27:01.56*
16.....	Brad Harris (212th)	27:20.30\$

Team: 6th out of 29 teams, 324 runners

Overall: Oklahoma State, Indiana, Northern Arizona, Adams State, Arkansas, **TULSA**, Western State, Oklahoma Christian, Eastern New Mexico, UTSA, New Mexico State, East Central, Pittsburg State, UMKC, Nebraska-Kearney, Missouri Southern, Iowa Central CC, Wayland Baptist, Friends, Oklahoma Baptist, Southwest Baptist, Texas Wesleyan, TAMU-Commerce, Abilene Christian, Drury, North Texas, TCU, Oral Roberts, Texas-Permian Basin

* indicates personal best

\$ indicates season best



GOLDEN HURRICANE CROSS COUNTRY

2011 Men's Cross Country Results

NCAA Pre-Nationals - 8K Terre Haute, Ind. - October 16, 2011

1.....	Paulo Pinheiro (30th)	24:49
2.....	Geraint Davies (35th)	24:54
3.....	Tom Marshall (41st)	25:03
4.....	Andrew Heyes (43rd)	25:05
5.....	Carl Stones (48th)	25:08
6.....	Dennis Hodapp (55th)	25:12
7.....	Bill Martin (66th)	25:23
8.....	Mitch Johnson (98th)	25:43
9.....	Tim Rackers (110th)	25:48
10.....	Danny Thater (120th)	25:52
11.....	Emmett Cookson (143rd)	26:05*
12.....	Brian Tabb (190th)	26:36

Team: 6th out of 35 teams, 296 runners

Overall: Colorado, Portland, Iona, Eastern Kentucky, Florida State, **TULSA**, Louisville, Indiana, Virginia Tech, Dartmouth, UC Santa Barbara, UTEP, La Salle, Colorado State, Missouri, Wyoming, Central Michigan, Western Kentucky, Cincinnati, New Mexico State, Indiana State, Rice, UMKC, Dayton, UC Davis, Ohio, Toledo, Xavier, DePaul, Loyola Marymount, Oakland, Mississippi State, Purdue, Kansas State, Vanderbilt

Conference USA Championship - 8K Houston, Texas - October 31, 2011

1.....	Carl Stones (4th)	24:01.5*
2.....	Andrew Heyes (5th)	24:02.6*
3.....	Geraint Davies (7th)	24:10.0*
4.....	Tom Marshall (9th)	24:13.3*
5.....	Paulo Pinheiro (10th)	24:15.6*
6.....	Dennis Hodapp (11th)	24:18.5*
7.....	Sam Masters (13th)	24:35.3\$
8.....	Mitch Johnson (17th)	24:55.0\$
9.....	Bill Martin (19th)	25:15.7*

Team: 1st out of 8 teams, 62 runners

Overall: **TULSA**, UTEP, Houston, Rice, Marshall, Memphis, East Carolina, Tulane

NCAA Midwest Regional - 10K DeKalb, Ill. - November 12, 2011

1.....	Paulo Pinheiro (16th)	31:39.53
2.....	Geraint Davies (23rd)	31:51.27
3.....	Carl Stones (25th)	31:55.15\$
4.....	Andrew Heyes (26th)	31:56.71
5.....	Tom Marshall (30th)	32:04.08
6.....	Dennis Hodapp (31st)	32:04.85
7.....	Danny Thater (99th)	33:55.19*

Team: 3rd out of 25 teams, 171 runners

Overall: Oklahoma State, Oklahoma, **TULSA**, Minnesota, Illinois, Iowa State, Missouri, Kansas, Iowa, Southern Illinois, Loyola (Ill.), Drake, UMKC, Nebraska, North Dakota State, Eastern Illinois, South Dakota State, Wichita State, SE Missouri, Bradley, Illinois-Chicago, Kansas State, DePaul, Saint Louis, Creighton

NCAA Championship - 10K Terre Haute, Ind. - November 20, 2011

1.....	Andrew Heyes (86th)	30:41.7*
2.....	Paulo Pinheiro (90th)	30:43.4*
3.....	Tom Marshall (163rd)	31:21.3\$
4.....	Dennis Hodapp (193rd)	31:42.3*
5.....	Geraint Davies (203rd)	31:50.5\$
6.....	Carl Stones (215th)	32:01.08
7.....	Sam Masters (221st)	32:06.0\$

Team: 25th out of 31 teams, 252 runners

Overall: Wisconsin, Oklahoma State, Colorado, BYU, Stanford, Oklahoma, Indiana, Portland, Iona, N.C. State, Texas, Florida State, Villanova, Northern Arizona, Syracuse, Minnesota, Georgetown, Texas A&M, Princeton, Michigan, Washington State, Providence, Ohio State, Notre Dame, **TULSA**, Eastern Kentucky, Columbia, Cal Poly, Georgia, Florida, New Mexico

* indicates personal best

\$ indicates season best



GOLDEN HURRICANE

CROSS COUNTRY

2011 Men's Individual Results

Nathan Barrett					Tom Marshall				
Sept. 30	OSU Jamboree	8K	26:44.92*	166th	Sept. 17	Houston Duel	4 mile	20:13*	13th
Austin Cookson					Sept. 30	OSU Jamboree	8K	25:52.70	107th
Sept. 3	Hurricane Festival	4 mile	21:13	13th	Oct. 16	NCAA Pre-Nationals	8K	25:03	41st
Sept. 17	Houston Duel	4 mile	20:29*	15th	Oct. 31	C-USA Championship	8K	24:13.3*	9th
Sept. 30	OSU Jamboree	8K	27:01.56*	188th	Nov. 12	NCAA Midwest Regional	10K	32:04.08	30th
Emmett Cookson					Nov. 20	NCAA Championship	10K	31:21.3\$	163rd
Sept. 17	Houston Duel	4 mile	20:15*	14th	Bill Martin				
Sept. 30	OSU Jamboree	8K	26:32.54	148th	Sept. 17	Houston Duel	4 mile	20:01*	12th
Oct. 16	NCAA Pre-Nationals	8K	26:05*	143rd	Sept. 30	OSU Jamboree	8K	25:29.93	78th
Geraint Davies					Oct. 16	NCAA Pre-Nationals	8K	25:23	66th
Sept. 17	Houston Duel	4 mile	19:40*	6th	Oct. 31	C-USA Championship	8K	25:15.7*	19th
Sept. 30	OSU Jamboree	8K	25:06.12	50th	Sam Masters				
Oct. 16	NCAA Pre-Nationals	8K	24:54	35th	Sept. 17	Houston Duel	4 mile	19:57*	10th
Oct. 31	C-USA Championship	8K	24:10.0*	7th	Sept. 30	OSU Jamboree	8K	26:59.07	185th
Nov. 12	NCAA Midwest Regional	10K	31:51.27	23rd	Oct. 31	C-USA Championship	8K	24:35.3\$	13th
Nov. 20	NCAA Championship	10K	31:50.5\$	203rd	Nov. 20	NCAA Championship	10K	32:06.0\$	221st
Derek Eidt					Kevin Mayer				
Sept. 3	Hurricane Festival	4 mile	22:11	20th	Sept. 24	Oral Roberts Duel	5K	16:51.57*	5th
Sept. 17	Houston Duel	4 mile	21:22*	22nd	Paulo Pinheiro				
Sept. 24	Oral Roberts Duel	5K	16:49.38*	4th	Sept. 17	Houston Duel	4 mile	19:05*	1st
Casey Fitzgerald					Sept. 30	OSU Jamboree	8K	24:33.91	18th
Sept. 3	Hurricane Festival	4 mile	23:28*	29th	Oct. 16	NCAA Pre-Nationals	8K	24:49	30th
Sept. 24	Oral Roberts Duel	5K	18:00.45*	9th	Oct. 31	C-USA Championship	8K	24:15.6*	10th
Brad Harris					Nov. 12	NCAA Midwest Regional	10K	31:39.53	16th
Sept. 17	Houston Duel	4 mile	21:38*	24th	Nov. 20	NCAA Championship	10K	30:43.4*	90th
Sept. 30	OSU Jamboree	8K	27:20.30\$	212th	Tim Rackers				
Andrew Heyes					Sept. 3	Hurricane Festival	4 mile	20:44	7th
Sept. 17	Houston Duel	4 mile	19:57*	9th	Sept. 17	Houston Duel	4 mile	20:36*	17th
Sept. 30	OSU Jamboree	8K	24:42.74	26th	Sept. 30	OSU Jamboree	8K	25:43.99*	93rd
Oct. 16	NCAA Pre-Nationals	8K	25:05	43rd	Oct. 16	NCAA Pre-Nationals	8K	25:48	110th
Oct. 31	C-USA Championship	8K	24:02.6*	5th	Carl Stones				
Nov. 12	NCAA Midwest Regional	10K	31:56.71	26th	Sept. 17	Houston Duel	4 mile	19:42*	8th
Nov. 20	NCAA Championship	10K	30:41.7*	86th	Sept. 30	OSU Jamboree	8K	24:50.18	31st
Dennis Hodapp					Oct. 16	NCAA Pre-Nationals	8K	25:08	48th
Sept. 17	Houston Duel	4 mile	19:34*	4th	Oct. 31	C-USA Championship	8K	24:01.5*	4th
Sept. 30	OSU Jamboree	8K	25:10.82	57th	Nov. 12	NCAA Midwest Regional	10K	31:55.15\$	25th
Oct. 16	NCAA Pre-Nationals	8K	25:12	55th	Nov. 20	NCAA Championship	10K	32:01.08	215th
Oct. 31	C-USA Championship	8K	24:18.5*	11th	Brian Tabb				
Nov. 12	NCAA Midwest Regional	10K	32:04.85	31st	Sept. 3	Hurricane Festival	4 mile	21:09	12th
Nov. 20	NCAA Championship	10K	31:42.3*	193rd	Sept. 17	Houston Duel	4 mile	20:35*	16th
Adam Johnson					Sept. 30	OSU Jamboree	8K	26:18.08*	130th
Sept. 3	Hurricane Festival	4 mile	22:25*	23rd	Oct. 16	NCAA Pre-Nationals	8K	26:36	190th
Sept. 24	Oral Roberts Duel	5K	16:46.74*	3rd	Danny Thater				
Mitch Johnson					Sept. 17	Houston Duel	4 mile	19:35*	5th
Sept. 17	Houston Duel	4 mile	19:41*	7th	Sept. 30	OSU Jamboree	8K	24:42.72*	25th
Sept. 30	OSU Jamboree	8K	25:16.47	65th	Oct. 16	NCAA Pre-Nationals	8K	25:52	120th
Oct. 16	NCAA Pre-Nationals	8K	25:43	98th	Nov. 12	NCAA Midwest Regional	10K	33:55.19*	99th
Oct. 31	C-USA Championship	8K	24:55.0\$	17th	Aaron Thornburg				
James Keilbarth					Sept. 3	Hurricane Festival	4 mile	21:42	15th
Sept. 3	Hurricane Festival	4 mile	21:06*	11th	Sept. 17	Houston Duel	4 mile	21:33*	23rd
Seth Marsh					Sept. 24	Oral Roberts Duel	5K	16:36.58*	1st
Sept. 3	Hurricane Festival	4 mile	22:12	21st	* indicates personal best				
Sept. 17	Houston Duel	4 mile	22:01*	25th	\$ indicates season best				
Sept. 24	Oral Roberts Duel	5K	17:02.79*	6th					

Conference Championships: **Men** (WAC - 2003, C-USA - 2008, 2010-11) - **Women** (WAC - 2001, C-USA - 2010)

NCAA Championship Appearances: **Men** (2007-08, 2011) - **Women** (2010)

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GOLDEN HURRICANE CROSS COUNTRY

2011 Women's Cross Country Results

HURRICANE FESTIVAL - 2 Miles Tulsa, Okla. - September 3, 2011

1.....	Paula Whiting (1st).....	10:55
2.....	Sarah Macpherson (4th).....	11:21
3.....	Natasha Cockram (7th).....	11:26
4.....	Janessa Dunn (9th).....	11:31*
5.....	Lauren Collette (13th).....	11:40
6.....	Larissa Erickson (17th).....	11:55

Team: 2nd out of 6 teams, 42 runners

Duel Results

Tulsa (15) defeated Arkansas-Fort Smith (45)

Tulsa (15) defeated Oklahoma (45)

Tulsa (15) defeated Oklahoma Wesleyan (45)

Tulsa (18) defeated Missouri State (40)

Oklahoma State (25) defeated **Tulsa (31)**

HOUSTON DUEL - 2 Miles Tulsa, Okla. - September 17, 2011

1.....	Paula Whiting (1st).....	10:49*
2.....	Natasha Cockram (2nd).....	10:49*
3.....	Ashley Scott (3rd).....	10:50*
4.....	Sarah Macpherson (4th).....	11:00*
5.....	Jaclyn Rollins (6th).....	11:03*
6.....	Larissa Erickson (9th).....	11:23*
7.....	Lauren Collette (10th).....	11:32*

Duel Results

Tulsa (16) defeated Houston (47)

Oral Roberts Duel - 2 miles Tulsa, Okla. - September 24, 2011

1.....	Larissa Erickson (2nd).....	11:39.60
2.....	Lauren Collette (3rd).....	11:40.21
3.....	Erin Huddleston (7th).....	12:05.22\$
4.....	Zoraya Hightower (8th).....	12:24.90*
5.....	Melanie Hughes (9th).....	12:32.45*
6.....	Tricity Andrew (10th).....	12:53.90\$
7.....	Ashley Weeks (13th).....	13:59.32*

Duel Results

Oral Roberts (27) defeated **Tulsa (29)**

OSU Jamboree - 5K

Stillwater, Okla. - September 30, 2011

1.....	Paula Whiting (13th).....	17:46.13
2.....	Ashley Scott (18th).....	17:58.54
3.....	Lauren Collette (30th).....	18:13.77
4.....	Brandi Krieg (35th).....	18:22.39*
5.....	Jaclyn Rollins (37th).....	18:25.27
6.....	Sarah Macpherson (42nd).....	18:27.40
7.....	Natasha Cockram (52nd).....	18:38.92
8.....	Melanie Hughes (143rd).....	20:47.23*

Team: 5th out of 20 teams, 184 runners

Overall: Oklahoma State, Indiana, Western State, Northern Arizona, **TULSA**, Adams State, New Mexico State, UMKC, Oral Roberts, UTSA, Pittsburg State, TCU, Missouri Southern, Southwest Baptist, North Texas, Incarnate Word, Nebraska-Kearney, Abilene Christian, Drury, Texas-Permian Basin

NCAA Pre-Nationals - 6K Terre Haute, Ind. - October 16, 2011

1.....	Paula Whiting (11th).....	20:59
2.....	Josie Wilcox (70th).....	22:10\$
3.....	Ashley Scott (73rd).....	22:12\$
4.....	Jaclyn Rollins (82nd).....	22:22
5.....	Lauren Collette (116th).....	22:44*
6.....	Brandi Krieg (132nd).....	22:59*
7.....	Natasha Cockram (133rd).....	23:00*
8.....	Larissa Erickson (169th).....	23:29*
9.....	Janessa Dunn (211th).....	23:55*

Team: 10th out of 40 teams, 303 runners

Overall: Florida State, Georgetown, Michigan, Colorado, Cornell, UC Davis, Dartmouth, Iona, Central Michigan, **TULSA**, Virginia Tech, Rice, La Salle, New Mexico State, Charlotte, UC Santa Barbara, Dayton, Mississippi State, Ohio, Kansas State, Loyola Marymount, Eastern Kentucky, Wyoming, UMKC, Xavier, Indiana State, UTEP, Baylor, Vanderbilt, Cincinnati, Oakland, IUPUI, Louisville, Toledo, Indiana, DePaul, South Carolina, College of Charleston, Purdue, UAB

* indicates personal best

\$ indicates season best



GOLDEN HURRICANE CROSS COUNTRY

2011 Women's Cross Country Results

Conference USA Championship - 5K
Houston, Texas - October 31, 2011

1.....	Paula Whiting (3rd)	16:43.6\$
2.....	Ashley Scott (8th)	17:33.5*
3.....	Jaclyn Rollins (11th)	17:37.0\$
4.....	Josie Wilcox (18th)	17:59.5*
5.....	Lauren Collette (19th)	18:00.0*
6.....	Sarah Macpherson (24th)	18:08.4*
7.....	Natasha Cockram (26th)	18:15.9*
8.....	Erin Huddleston (32nd)	18:32.5\$
9.....	Brandi Krieg (52nd)	19:14.1

Team: 2nd out of 12 teams, 92 runners

Overall: SMU, **TULSA**, Rice, East Carolina, UTEP, UAB, Memphis, Houston, Tulane, UCF, Southern Miss, Marshall

NCAA Midwest Regional - 6K
DeKalb, Ill. - November 12, 2011

1.....	Paula Whiting (3rd)	20:54.33
2.....	Jaclyn Rollins (40th)	22:11.86\$
3.....	Josie Wilcox (47th)	22:22.27
4.....	Ashley Scott (50th)	22:25.04
5.....	Lauren Collette (109th)	23:13.02
6.....	Natasha Cockram (113th)	23:15.44
7.....	Sarah Macpherson (124th)	23:24.23*

Team: 8th out of 28 teams, 189 runners

Overall: Iowa State, Oklahoma State, Minnesota, Iowa, Northwestern, Nebraska, Missouri, **TULSA**, Kansas, Oklahoma, Illinois State, Wichita State, North Dakota State, Kansas State, Illinois, South Dakota State, Bradley, Eastern Illinois, UMKC, Oral Roberts, Northern Iowa, Saint Louis, Southern Illinois, Loyola (Ill.), Missouri State, SE Missouri, DePaul, Northern Illinois

NCAA Championship - 6K
Terre Haute, Ill. - November 20, 2011

1.....	Paula Whiting (49th)	20:37\$
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Individual: 254 runners

* indicates personal best
\$ indicates season best



GOLDEN HURRICANE

CROSS COUNTRY

2011 Women's Individual Results

Tricity Andrew

Sept. 24 Oral Roberts Duel 2 mile 12:53.90\$ 10th

Natasha Cockram

Sept. 3 Hurricane Festival 2 mile 11:26 7th
Sept. 17 Houston Duel 2 mile 10:49* 2nd
Sept. 30 OSU Jamboree 5K 18:38.92 52nd
Oct. 16 NCAA Pre-Nationals 6K 23:00* 133rd
Oct. 31 C-USA Championship 5K 18:15.9* 26th
Nov. 12 NCAA Midwest Regional 6K 23:15.44 113th

Lauren Collette

Sept. 3 Hurricane Festival 2 mile 11:40 13th
Sept. 17 Houston Duel 2 mile 11:32* 10th
Sept. 24 Oral Roberts Duel 2 mile 11:40.21 3rd
Sept. 30 OSU Jamboree 5K 18:13.77 30th
Oct. 16 NCAA Pre-Nationals 6K 22:44* 116th
Oct. 31 C-USA Championship 5K 18:00.0* 19th
Nov. 12 NCAA Midwest Regional 6K 23:13.02 109th

Janessa Dunn

Sept. 3 Hurricane Festival 2 mile 11:31* 9th
Oct. 16 NCAA Pre-Nationals 6K 23:55* 211th

Larissa Erickson

Sept. 3 Hurricane Festival 2 mile 11:55 17th
Sept. 17 Houston Duel 2 mile 11:23* 9th
Sept. 24 Oral Roberts Duel 2 mile 11:39.60 2nd
Oct. 16 NCAA Pre-Nationals 6K 23:29* 169th

Zoraya Hightower

Sept. 24 Oral Roberts Duel 2 mile 12:24.90* 8th

Erin Huddleston

Sept. 24 Oral Roberts Duel 2 mile 12:05.22\$ 7th
Oct. 31 C-USA Championship 5K 18:32.5\$ 32nd

Melanie Hughes

Sept. 24 Oral Roberts Duel 2 mile 12:32.45* 9th
Sept. 30 OSU Jamboree 5K 20:47.23* 143rd

Brandi Krieg

Sept. 30 OSU Jamboree 5K 18:22.39* 35th
Oct. 16 NCAA Pre-Nationals 6K 22:59* 132nd
Oct. 31 C-USA Championship 5K 19:14.1 52nd

Sarah Macpherson

Sept. 3 Hurricane Festival 2 mile 11:21 4th
Sept. 17 Houston Duel 2 mile 11:00* 4th
Sept. 30 OSU Jamboree 5K 18:27.40 42nd
Oct. 31 C-USA Championship 5K 18:08.4* 24th
Nov. 12 NCAA Midwest Regional 6K 23:24.23* 124th

Jaclyn Rollins

Sept. 17 Houston Duel 2 mile 11:03* 6th
Sept. 30 OSU Jamboree 5K 18:25.27 37th
Oct. 16 NCAA Pre-Nationals 6K 22:22 82nd
Oct. 31 C-USA Championship 5K 17:37.0\$ 11th
Nov. 12 NCAA Midwest Regional 6K 22:11.86\$ 40th

Ashley Scott

Sept. 17 Houston Duel 2 mile 10:50* 3rd
Sept. 30 OSU Jamboree 5K 17:58.54 18th
Oct. 16 NCAA Pre-Nationals 6K 22:12\$ 73rd
Oct. 31 C-USA Championship 5K 17:33.5* 8th
Nov. 12 NCAA Midwest Regional 6K 22:25.04 50th

Ashley Weeks

Sept. 24 Oral Roberts Duel 2 mile 13:59.32* 13th

Paula Whiting

Sept. 3 Hurricane Festival 2 mile 10:55 1st
Sept. 17 Houston Duel 2 mile 10:49* 1st
Sept. 30 OSU Jamboree 5K 17:46.13 13th
Oct. 16 NCAA Pre-Nationals 6K 20:59 11th
Oct. 31 C-USA Championship 5K 16:43.6\$ 3rd
Nov. 12 NCAA Midwest Regional 6K 20:54.33 3rd
Nov. 20 NCAA Championship 6K 20:37\$ 49th

Josie Wilcox

Oct. 16 NCAA Pre-Nationals 6K 22:10\$ 70th
Oct. 31 C-USA Championship 5K 17:59.5* 18th
Nov. 12 NCAA Midwest Regional 6K 22:22.27 47th

* indicates personal best

\$ indicates season best

Conference Championships: **Men** (WAC - 2003, C-USA - 2008, 2010-11) - **Women** (WAC - 2001, C-USA - 2010)

NCAA Championship Appearances: **Men** (2007-08, 2011) - **Women** (2010)

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