



# Athletic Media Relations

Mike Strauss, Director (435) 797-1361

Doug Hoffman, Associate Director (435) 797-3714

Todd Johnson, Assistant Director (435) 797-2066

• 7400 Old Main Hill, Logan, UT 84322-7400 • Fax: (435) 797-2615 •

## 2005 UTAH STATE WOMEN'S CROSS COUNTRY ROSTER

Name	Yr.	Hometown (High School)
Linzy Allen	Fr.	Burly, Idaho (Declo HS)
Carolyn Andrus	Jr.	Orem, Utah (Mountain View HS)
Caroline Berry	So.	Sandy, Utah (Skyline HS)
Rebecca Bostwick	So.	San Diego, Calif. (University City)
Amy Egan	Jr.	Greensburg, Pa. (Greater Latrobe)
Vanessa Hawkins	Fr.	Orem, Utah (Timpangos HS)
Jennifer Heartel	Fr.	Salt Lake City, Utah (Jordan HS)
Ashley Johnson	Jr.	Hyrum, Utah (Mountain Crest HS)
Stacie Lifferth	So.	Layton, Utah (Northridge HS)
Erica Martineau	Fr.	Pleasant Grove, Utah (Mountain View HS)
Jill Steele	Sr.	Kenmore, Wash. (Inglemoor HS)
Tiffany Strickland	Jr.	Orem, Utah (Mountain View HS)
Alison Williams	So.	Dove Canyon, Ca. (MissionViejo HS)

**Head Coach:** Gregg Gensel (18th season)

**Assistant Coach:** Steve Reeder

### USU Schedule/Results

\*\*\*\*\*

#### Sept. 3 American West Heritage Center Open

Women 1st, (1st/ 4)

#### Sept. 17 @ Montana State Invitational (Bozeman, Mont.)

Women 1st, (1st/ 8)

#### Sept. 30 @ Notre Dame Invitational (South Bend, Ind.)

Women 14th, (14th/ 25)

#### Oct. 15 NCAA Pre-Nationals (Terra Haute, Ind.)

Women 21st, (21st/ 34)

#### Oct. 29 WAC Championships (Boise, Idaho)

Women 2nd, (2nd/ 8)

#### Nov. 12 NCAA Regionals (Provo, Utah)

Women 7th, (7th/ 18)

#### Nov. 21 NCAA Championships (Terra Haute, Ind.)

Tiffany Strickland - 98th

\*\*\*\*\*

### American West Heritage Center Open

Logan, Utah, Sept. 3, 2005

1. Utah State	25
2. Weber State	31
3. Utah	94
4. Boise State	94

1. Tiffany Strickland	15:36.20
4. Amy Egan	16:06.00
5. Ashley Johnson	16:12.00
7. Vanessa Hawkins	16:32.00
8. Caroline Berry	16:38.00

12. Carolyn Andrus	16:45.00
13. Jill Steele	16:47.00
22. Rebecca Bostwick	17:26.00
27. Jennie Haertel-Twitchell	17:52.00
31. Michelle Hatch	18:00.00
36. Erica Martineau	18:55.00

\*\*\*\*\*

### Montana State Invitational Bozeman, Mont. Sept. 17, 2005

1. Utah State	24
2. Montana State	72
3. Idaho State	94
4. Utah	98
5. Utah Valley State	99
6. Concordia	142
7. MSU-Billings	221
8. Westminster	253

1. Tiffany Strickland	17:16
2. Amy Egan	17:30
4. Ashley Johnson	17:50
7. Caroline Berry	17:58
10. Vanessa Hawkins	18:02
14. Jill Steele	18:15
15. Carolyn Andrus	18:17
27. Jennie Haertel	19:14

\*\*\*\*\*

### Notre Dame Invitational South Bend, Ind. Sept. 30, 2005

1. Michigan	77
2. Illinois	82
3. Notre Dame	91
4. Wake Forest	151
5. Arkansas	205
14. Utah State	344

19. Tiffany Strickland	17:32
56. Amy Egan	17:57
83. Ashley Johnson	18:18
94. Vanessa Hawkins	18:24
100. Caroline Berry	18:27
133. Jill Steele	18:50
139. Stacie Lifferth	18:54
186. Jennifer Twitchell	19:47
188. Carolyn Andrus	19:48

\*\*\*\*\*

continued...



# Athletic Media Relations

Mike Strauss, Director (435) 797-1361

Doug Hoffman, Associate Director (435) 797-3714

Todd Johnson, Assistant Director (435) 797-2066

• 7400 Old Main Hill, Logan, UT 84322-7400 • Fax: (435) 797-2615 •

## NCAA Pre-Nationals

Terre Haute, Ind. Oct. 15, 2005

1. Michigan	86
2. Arizona State	96
3. Illinois	117
4. Colorado	170
5. Wake Forest	212
21. Utah State	567
38. Tiffany Strickland	21:24
112. Amy Egan	22:18
128. Ashley Johnson	22:27
143. Stacie Lifferth	22:37
146. Vanessa Hawkins	22:39
151. Jill Steele	22:44
172. Caroline Berry	23:00

\*\*\*\*\*

## WAC Championships

Boise, Idaho, Oct. 29, 2005

1. Idaho	30
2. Utah State Univ.	43
3. San Jose State University	107
4. Boise State University	115
5. Nevada	131
5. Fresno State	131
7. New Mexico State	167
8. Hawaii	231
2. Tiffany Strickland	17:41.83
6. Ashley Johnson	18:07.62
9. Vanessa Hawkins	18:17.79
11. Amy Egan	18:19.42
15. Jill Steele	18:27.78
16. Stacie Lifferth	18:32.06
20. Caroline Berry	18:56.75
23. Carolyn Andrus	19:05.68
34. Jennie Twitchell	19:40.60

\*\*\*\*\*

### Xbox Live WAC Runners of the Week

Sept. 5 - **Tiffany Strickland, Utah State** .....1st, 15:36.20  
 Sept. 12 - Tiffany Hall, San Jose State .....1st, 18:23.90  
 Sept. 19 - **Tiffany Strickland, Utah State** .....1st, 17:16  
 Sept. 26 - Tiffany Hall, San Jose State .....1st, 22:17.78  
 Oct. 3 - Dee Olson, Idaho .....1st, 17:01.50  
 Oct. 10 - Kali Baker, Nevada .....2nd, 18:03  
 Oct. 17 - Andrea Buckner, Fresno State .....7th, 18:13.7

## NCAA Mountain Regional

Provo, Utah, Nov. 12, 2005

1. University of Colorado	53
2. Brigham Young University	59
3. Northern Arizona University	93
4. Colorado State University	110
5. Weber State University	148
6. University of New Mexico	163
7. Utah State	188
8. Texas Tech	280
9. University of Montana	283
10. Air Force Academy	284
11. Univ. of Wyoming	290
12. Montana State University	298
13. Southern Utah	344
14. New Mexico State	389
15. University of Utah	396
16. Idaho State	409
17. Texas El Paso	433
18. University of Nevada	467
10. Tiffany Strickland	21:36.3
30. Stacie Lifferth	22:35.3
32. Jill Steele	22:41.0
55. Amy Egan	23:17.3
61. Vanessa Hawkins	23:25.8
72. Caroline Berry	23:39.4

\*\*\*\*\*

## NCAA National Championships

Terre Haute, Ind., Nov. 21 2005

98. Tiffany Strickland	21:09.0
------------------------	---------

\*\*\*\*\*

### First-team all-WAC

Dee Olson, Jr., Idaho  
**Tiffany Strickland, Sr., Utah State**  
 Bevin Kennelly, Sr., Idaho  
 Mary Kamau, Sr., Idaho  
 Mandy Macalister, Jr., Idaho  
**Ashley Johnson, Jr., Utah State**  
 Kali Baker, Jr., Nevada

### Second-team all-WAC

Andrea Buckner, Sr., Fresno State  
**Vanessa Hawkins, Fr., Utah State**  
 Rebecca Guyette, Sr., Boise State  
**Amy Egan, Jr., Utah State**  
 Tiffany Hall, Jr., San Jose State  
 Erica Sahli, So., San Jose State  
 Breanna Sande, Fr., Boise State

**Freshman of the Year: Vanessa Hawkins, Utah State**

Coach of the Year: Wayne Phipps, Idaho

Athlete of the Year: Dee Olson, Jr., Idaho