

2011 Wyoming Cross Country

University of Wyoming Cross Country - Nov. 14, 2011

THE FACTS

University Information

Location	Laramie, Wyo.
Enrollment	13,476
Founded	1886
President	Dr. Tom Buchanan
Athletics Director	Tom Burman
Media Relations Director	Tim Harkins
Nickname	Cowboys/Cowgirls
Colors	Brown and Gold
Conference	Mountain West
Affiliation	NCAA Division I
Facility	Jacoby Golf Course
Mailing Address	UW Athletics Media Relations Department 3414 1000 E. University Avenue Laramie, Wyo. 82071-3414

Cross Country Staff

Head Coach	Randy Cole (Cal Poly, '81)
Assistant Coach	Amanda Clower (Lamar, '07)
Cross Country Phone	307-766-5365
Best Time to Reach	
Coaching Staff	Contact SID

Media Information

Cross Country Contact	Andy Chapman
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Website	www.wyomingathletics.com

2011 Wyoming Cross Country Schedule

<u>Date:</u>	<u>Meet:</u>	<u>Finish:</u>
Sept. 2	WYOMING INVITATIONAL	W-3rd, M-1st
Sept. 17	Woody Greeno Invitational	W-4th, M-2nd
Oct. 1	Rocky Mountain Shootout	W-2nd, M-2nd
Oct. 16	Ind. St. Pre-National Invite	W-23rd, M-16th
Oct. 29	MW Championships	W-5th, M-5th
Nov. 12	NCAA Mtn. Region Champ.	W-12th, M-9th

Two Cowboys Achieve All-Mountain Region Honors

Two University of Wyoming cross country runners achieved NCAA All-Mountain Region status Nov. 12 in Provo, Utah, at the NCAA Mountain Region Championships. The event wrapped up the season for the Wyoming cross country program.

Senior Paul Burke and sophomore Garrett Zans finished 19th and 22nd, respectively, in the men's 10-kilometer race to attain All-Mountain Region honors, awarded to the top-25 finishers in each race. Zans and Burke each earned the distinction for the first time in their career. The Cowboys finished ninth out of 17 teams in the season-ending event.

Burke was the first Wyoming finisher, crossing the line with a time of 31 minutes, 7.9 seconds. Burke joined the team in the middle of the season, and was running in just his third race as a Cowboy. Wyoming coach Randy Cole said he believes Burke may have a chance at an at-large bid to the NCAA National Championships. The at-large bids are determined Sunday, when the national committee makes up the field for the championships.

Zans was next for the Cowboys, finishing with a time of 31:15.1, followed by senior Nick Ekel, who was 30th, 31:21.7. Senior Ryan Griesbach was 68th (32:37.3) and junior Michael Banks was 79th, 32:51.5, to round out the scoring for Wyoming. Junior Tyler Gifford was 93rd, 33:34.4.

The women's team finished 12th out of 19 teams, paced by junior Brooke Hughes, who was 34th overall in the 6-kilometer event. She crossed the finish line with a time of 22:12.8. Hughes was the top finisher for the Cowgirls in every race this year.

Freshman Holly Page concluded a stellar rookie season, finishing 42nd with a mark of 22:26.5. Junior Abi Bever was 71st, 23:06.4; freshman Devon England was 84th, 23:25.1; and freshman Danielle Grossman was 86th with a time of 23:28.2.; Sophomore Emily Swigart was 89th, 23:33.6 and junior Felicia McAfee was 115th,

COWBOY ROSTER

<u>Name:</u>	<u>Class:</u>	<u>Exp:</u>	<u>Hometown (Previous School):</u>
Mike Banks	JR	1L	Auckland, New Zealand (Univ. of Auckland)
Paul Burke	SR	TR	Gillette, Wyo. (Oklahoma State Univ.)
Nik Deininger	SR	SQ	Douglas, Wyo. (Douglas HS)
Aaron Derner	FR	HS	Waterford, Wis. (Waterford HS)
Nick Ekel	SR	1L	St. Johns, Mich. (Saginaw Valley St Univ.)
Tyler Gifford	JR	1L	Harrisburg, Neb. (Banner County HS)
Ryan Griesbach	SR	3L	Laramie, Wyo. (Laramie HS)
A.J. Hebert	FR	HS	Saugus, Calif. (Saugus HS)
Ken Lane	JR	SQ	Aurora, Colo. (Overland HS)
Greg Miller	SR	3L	Winnepeg, Manitoba, Canada (Kelvin HS)
Garrett Zans	SO	1L	Rock Springs, Wyo. (Rock Springs HS)

COWGIRL ROSTER

<u>Name:</u>	<u>Class:</u>	<u>Exp:</u>	<u>Hometown (Previous School):</u>
Abi Bever	JR	TR	Cheyenne, Wyo. (Black Hills State)
Devon England	FR	HS	Cheyenne, Wyo. (Central HS)
Danielle Grossman	FR	HS	Colorado Springs, Colo. (Cheyenne Mtn.)
Brooke Hughes	JR	2L	Glenrock, Wyo. (Glenrock HS)
Andrea Klimowski	SO	SQ	Flagstaff, Ariz. (Northland Prep Academy)
Ashley Lane	FR	HS	Laramie, Wyo. (Laramie HS)
Jessica Lemaster	FR	HS	Cheyenne, Wyo. (Central HS)
Molly Lux	SR	SQ	Whitney, Neb. (Crawford HS)
Courtney Madson	FR	HS	Novato, Calif. (Novato HS)
McKynzie Maher	SR	SQ	Fort Collins, Colo. (Rocky Mountain HS)
Felicia McAfee	JR	1L	Casper, Wyo. (Natrona County HS)
Kirsten McKen	SO	SQ	Afton, Wyo. (Star Valley HS)
Chelsea O'Brien	JR	HS	Littleton, Colo. (Chatfield HS)
Holly Page	FR	HS	Maitland, Fla. (Bishop Moore HS)
Emily Swigart	SO	SQ	Waterford, Wis. (Waterford HS)
Dannika West	SO	SQ	Kansas City, Mo. (North Kansas City HS)

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Season Marks (As of Nov. 12, 2011)

MEN		
<p>Mike Banks Wyoming Invite - 22:25.5 (6th) Woody Greeno Invite - 25:25.9 (12th) Rocky Mountain Shootout - 26:37 (16th) Pre-National Invite - 25:48 (112th) MW Championships - 26:14.6 (24th) NCAA Mountain Region - 32:51.5 (79th)</p> <p>Paul Burke Wyoming Invite - NA Woody Greeno Invite - NA Rocky Mountain Shootout - NA Pre-National Invite - 25:12 (54th) MW Championships - 25:34.5 (8th) NCAA Mountain Region - 31:07.9 (19th)</p> <p>Nik Deininger Wyoming Invite - 23:34.3 (24th) Woody Greeno Invite - 26:40.4 (62nd) Rocky Mountain Shootout - 27:56 (40th) Pre-National Invite - 26:50 (211th) MW Championships - 27:27.4 (45th) NCAA Mountain Region - NA</p> <p>Aaron Derner Wyoming Invite - NA Woody Greeno Invite - NA Rocky Mountain Shootout - NA</p>	<p>Pre-National Invite - NA MW Championships - NA NCAA Mountain Region - NA</p> <p>Nick Ekel Wyoming Invite - 22:07.8 (4th) Woody Greeno Invite - 25:26.6 (13th) Rocky Mountain Shootout - NA Pre-National Invite - 25:27 (76th) MW Championships - 25:27.9 (7th) NCAA Mountain Region - 31:21.7 (30th)</p> <p>Tyler Gifford Wyoming Invite - 23:35.0 (25th) Woody Greeno Invite - 26:52.7 (74th) Rocky Mountain Shootout - 27:43 (35th) Pre-National Invite - 26:59 (224th) MW Championships - 27:01.2 (39th) NCAA Mountain Region - 33:34.4 (93rd)</p> <p>Ryan Griesbach Wyoming Invite - NA Woody Greeno Invite - 27:37.8 (126th) Rocky Mountain Shootout - 27:51 (37th) Pre-National Invite - 26:48 (204th) MW Championships - 26:26.5 (29th) NCAA Mountain Region - 32:37.3 (68th)</p> <p>A.J. Hebert Wyoming Invite - 23:24.3 (20th)</p>	<p>Woody Greeno Invite - 27:04.2 (85th) Rocky Mountain Shootout - NA Pre-National Invite - NA MW Championships - NA NCAA Mountain Region - NA</p> <p>Ken Lane Wyoming Invite - 24:39.4 (38th) Woody Greeno Invite - NA Rocky Mountain Shootout - 28:13 (49th) Pre-National Invite - NA MW Championships - 27:06 (40th) NCAA Mountain Region - NA</p> <p>Greg Miller Wyoming Invite - 22:02.9 (2nd) Woody Greeno Invite - 24:23.9 (2nd) Rocky Mountain Shootout - 27:16 (25th) Pre-National Invite - NA MW Championships - 25:51.9 (17th) NCAA Mountain Region - NA</p> <p>Garrett Zans Wyoming Invite - 22:04.2 (3rd) Woody Greeno Invite - 24:52.3 (6th) Rocky Mountain Shootout - 26:00 (9th) Pre-National Invite - 25:03 (39th) MW Championships - 26:32.4 (31st) NCAA Mountain Region - 31:15.1 (22nd)</p>

WOMEN		
<p>Abi Bever Wyoming Invite - 15:38.0 (15th) Woody Greeno Invite - 22:12.6 (15th) Rocky Mountain Shootout - 22:56 (20th) Pre-National Invite - 22:54 (122nd) MW Championships - 22:32.3 (26th) NCAA Mountain Region - 23:06.4 (71st)</p> <p>Devon England Wyoming Invite - 16:12.1 (27th) Woody Greeno Invite - 23:33.1 (62nd) Rocky Mountain Shootout - 23:15 (25th) Pre-National Invite - 24:02 (224th) MW Championships - 23:02.4 (36th) NCAA Mountain Region - 23:25.1 (84th)</p> <p>Danielle Grossman Wyoming Invite - 16:15.0 (29th) Woody Greeno Invite - 23:38.6 (66th) Rocky Mountain Shootout - 23:47 (43rd) Pre-National Invite - 24:06 (226th) MW Championships - 23:10.3 (39th) NCAA Mountain Region - 23:28.2 (86th)</p> <p>Brooke Hughes Wyoming Invite - 15:09.7 (8th) Woody Greeno Invite - 21:48.2 (8th) Rocky Mountain Shootout - 21:44 (8th) Pre-National Invite - 22:09 (68th) MW Championships - 22:04.6 (17th) NCAA Mountain Region - 22:12.8 (34th)</p> <p>Andrea Klimowski Wyoming Invite - 16:16.9 (32nd) Woody Greeno Invite - 23:12.8 (46th) Rocky Mountain Shootout - 23:30 (31st) Pre-National Invite - 24:45 (267th) MW Championships - NA NCAA Mountain Region - NA</p>	<p>Ashley Lane Wyoming Invite - 17:48.8 (51st) Woody Greeno Invite - NA Rocky Mountain Shootout - 25:19 (83rd) Pre-National Invite - NA MW Championships - NA NCAA Mountain Region - NA</p> <p>Jessica Lemaster Wyoming Invite - 16:12.8 (28th) Woody Greeno Invite - 23:30.7 (60th) Rocky Mountain Shootout - 24:28 (57th) Pre-National Invite - NA MW Championships - 23:41.4 (48th) NCAA Mountain Region - NA</p> <p>Molly Lux Wyoming Invite - 17:26.1 (49th) Woody Greeno Invite - NA Rocky Mountain Shootout - NA Pre-National Invite - NA MW Championships - NA NCAA Mountain Region - NA</p> <p>Courtney Madson Wyoming Invite - 17:56.5 (53rd) Woody Greeno Invite - NA Rocky Mountain Shootout - NA Pre-National Invite - NA MW Championships - NA NCAA Mountain Region - NA</p> <p>McKynzie Maher Wyoming Invite - 16:29.7 (37th) Woody Greeno Invite - 23:55.0 (81st) Rocky Mountain Shootout - 24:26 (56th) Pre-National Invite - NA MW Championships - 23:47.7 (50th) NCAA Mountain Region - NA</p> <p>Felicia McAfee Wyoming Invite - 16:15.3 (30th) Woody Greeno Invite - 23:59.0 (84th)</p>	<p>Rocky Mountain Shootout - 23:39 (38th) Pre-National Invite - NA MW Championships - 23:31.3 (44th) NCAA Mountain Region - 24:22.9 (115th)</p> <p>Kirsten McKen Wyoming Invite - 16:51.0 (42nd) Woody Greeno Invite - 24:54.1 (131st) Rocky Mountain Shootout - 25:03 (75th) Pre-National Invite - NA MW Championships - NA NCAA Mountain Region - NA</p> <p>Chelsea O'Brien Wyoming Invite - 17:10.6 (47th) Woody Greeno Invite - 24:35.1 (115th) Rocky Mountain Shootout - 24:22 (53rd) Pre-National Invite - NA MW Championships - NA NCAA Mountain Region - NA</p> <p>Holly Page Wyoming Invite - NA Woody Greeno Invite - NA Rocky Mountain Shootout - NA Pre-National Invite - 22:10 (69th) MW Championships - 22:13.7 (20th) NCAA Mountain Region - 22:26.5 (42nd)</p> <p>Emily Swigart Wyoming Invite - 16:00.9 (21st) Woody Greeno Invite - 23:14.4 (47th) Rocky Mountain Shootout - 23:22 (28th) Pre-National Invite - 23:25 (165th) MW Championships - 23:33.1 (45th) NCAA Mountain Region - 23:33.6 (89th)</p> <p>Dannika West Wyoming Invite - 18:09.4 (56th) Woody Greeno Invite - NA Rocky Mountain Shootout - NA Pre-National Invite - NA MW Championships - NA NCAA Mountain Region - NA</p>