



COUGAR

CROSS COUNTRY

On crisp fall Sunday mornings, along the farm roads of the Palouse, you will likely find the Washington State distance squad out for their weekly long run.

Some of the greatest names in cross-country and distance running have left their footprints on the dirt roads surrounding Pullman, Washington.

The infamous Lindgren's Loop is a hilly ten-mile loop from campus and local legend has it that one of America's greatest distance runners of all time, Gerry Lindgren, ran this loop three times a day while a student-athlete at Washington State. Others soon followed in Lindgren's footsteps including NCAA Champions John Ngeno, Josephat Kapkory, Bernard Lagat, Samson Kimombwa, Peter Koech, Joshua Kimeto, Richard Tuwei, Julius Korir, Samuel Kibiri, and one of the greatest distance runners of all time, Henry Rono.

Distance running at Washington State University boasts a long and proud history. Washington State men and women distance runners have contributed to over 170 All-American selections in cross country and middle/long distance events. Lindgren (1965-69), from Spokane, Wash., set the mark for America, running to high school, collegiate, and world records as well as three NCAA Cross Country titles during his career at WSU. A decade later, Rono set world records as a Cougar in the 3000 meters, 5000 meters, 10,000 meters, and steeplechase - all in one season. More recently, Lagat won the indoor mile, 3000 meters, distance medley, and outdoor 5000 meters NCAA titles. These "big three" along with Kimeto, Kimombwa, and Ngeno are responsible for shattering thirty collegiate records.

Women began to compete at WSU in the early '80s and by the early 90s Celestine N'Drin and Jennifer Bravard lowered the school records in middle distance events to 2:02 in the 800 meters, 4:14 for 1500 meters, and 9:15 for the 3000 meters. Megan Maynard became Washington State's first Cross Country All-American in 1998.

The rich tradition of distance running at Washington State has attracted not only great athletes over the years, but also great coaches. Bringing renewed energy and excitement to the Cougar distance program is new coach Jason Drake, lured away from one of the premier distance programs in America by Head Coach Rick Sloan. As both an athlete and coach at the University of Colorado for the past 13 years, Drake helped build one of the most successful collegiate distance programs. And he plans to bring this success to the Northwest.

"The training facilities are second to none here in the Pullman," Drake said. The world-class Mooberry outdoor track, the new indoor training facility, and most importantly the unlimited miles of rural dirt roads, make for one of the finest regions in the world to develop young talent. Drake's recruiting efforts are focused on state and regional athletes.

"I want to continue building on the tremendous history of distance running at WSU," Drake said. "I am committed to developing local and regional talent. The state of Washington has some of the best high school runners in the country and I want to see these young men and women developing into All-Americans here at WSU."

With sound Drake's sound training methods, based on developing the aerobic system, many of his previous athletes turned into collegiate stars. Success does not happen overnight but takes hard work and requires logging hundreds of miles on the soft dirt roads of the Palouse. In his Drake's first year, the Cougar men placed fifth in the Pacific-10 Championships, their highest finish since 1998. And, despite having a team of only five at the beginning of the season, the Cougar women placed sixth at the Pac-10s, their second-highest finish since 1990.

Drake's intensified recruiting within the talent-laden state has made WSU's distance program's future look bright indeed.

WOMEN'S CROSS COUNTRY

2003 Washington State Women's Cross Country Results



Idaho Cross Country Invitational (Idaho Golf Course, Moscow, Idaho, 4,000 meters)

September 5, 2003

Team Results: Idaho 20, WSU 38; WSU 15, Eastern Washington 46; Idaho 15, EWU 50.

Top Five Individuals: 1. Letiwe Marakurwa (Idaho) 14:20; 2. Anna Blue (WSU) 14:42; 3. Tania Vander Meulen (Idaho) 14:46; 4. Daniela Pogorzelski (Idaho) 14:58; 5. Mandy Macalister (Idaho) 15:14.

WSU Results: 2. Anna Blue 14:42; 6. Kayle Peterson 15:20; 10. Ana Cabrera 15:29; 11. Julia Corbett 15:30; 12. Molly Bull 15:32; 17. Kelly Ramirez 15:53; 18. Katie Troy 15:58; 21. Natalie Smith 16:03; 24. Grace Coulter 16:27; 26. Hailey Young, 16:54.

Roy Griak Invitational (Les Bolstad Golf Course, Minneapolis, Minnesota, 6,000 meters)

September 27, 2003

Team Scores: 1. Arizona State 103, 2. Michigan State 122, 3. Columbia 125, 4. Providence 144, 5. Baylor 198, 6. Penn State 215, 7. Colorado State 221, 8. Wake Forest 222, 9. Missouri 232, 10. Michigan 245, 11. Marquette 280, 12. Nebraska 326, 13. Toledo 366, 14. Boston College 382, 15. Indiana 413, 16. Texas Tech 428, 17. Weber State 443, 18. Washington State 495, 19. Minnesota 514, 20. Utah State 546, 21. Arizona 574, 22. Southern Utah 596, 23. Northwestern 598, 24. Montana 649, 25. Wartburg (Iowa) 685, 26. Iowa State 767.

Top Ten Individuals: 1. Kim Smith, (Providence) 20:17, 2. Missy Buttry, (Wartburg) 20:27, 3. Amy Hastings, (Arizona State) 20:45, 4. Michelle Carson, (Michigan State) 20:47, 5. Annie Bersagel, (Wake Forest) 20:50, 6. Molly Landreth, (Penn State) 20:56, 7. Anna Masinelli, (Arizona State) 20:58, 8. Mary Cullen, (Providence) 21:00, 9. Jamie Krzymski, (Michigan State) 21:02, 10. Jennifer Kramer, (Boston College) 21:07.

WSU Results: 70. Anna Blue, 22:13, 80. Ana Cabrera, 22:20, 99. Kayle Peterson, 22:35, 106. Kelly Ramirez, 22:41, 140. Molly Bull, 23:06, 146. Julia Corbett, 23:11, 151. Karen DeMartini, 23:24.

Sundodger Invitational (Lincoln Park, Seattle, Washington, 5,000 meters)

September 27, 2003

WSU Results: **Women 5k Run CC Invitational:** 68. Hailey Young, 19:57.

Washington State University Invitational (WSU Golf Course, Pullman, Washington 6,000 meters)

October 11, 2003

Team Dual Scores: WSU 25, Calgary 32; WSU 15, Eastern Washington 48; WSU 17, Gonzaga 46; Calgary 16, EWU 47; Calgary 19, Gonzaga 40; Gonzaga 22, EWU 35.

Top Ten Individuals: 1. Maria Zambrano, (Unattached) 22:45, 2. Shannon Slater, (Calgary) 23:06, 3. Anna Blue, (WSU) 23:15, 4. Ana Cabrera, (WSU) 23:32, 5. Sabrina Harper, (Calgary) 23:48, 6. Molly Bull, (WSU) 24:28, 7. Heather Sim, (Calgary) 24:42, 8. Karen DeMartini, (WSU) 24:45, 9. Jamie Schiel, (Gonzaga) 24:48, 10. Jill Semenza, (Gonzaga) 24:49.

WSU Results: 3. Anna Blue, 23:15, 4. Ana Cabrera, 23:32, 6. Molly Bull, 24:28, 8. Karen DeMartini, 24:45, 11. Natalie Smith, 24:56, 12. Katie Troy, 24:58, 21. Hailey Young, 25:52, 27. Grace Coulter, 26:28.

Pre-National Invitational (Irv Warren Golf Course, Waterloo, Iowa, 6,000 meters)

October 18, 2003

Team Scores (Top 20 and WSU from Purple Race): 1. Brigham Young 86, 2. North Carolina 99, 3. Notre Dame 127, 4. Michigan 135, 5. Northern Arizona 177, 6. Princeton 179, 7. Georgetown 214, 8. Nebraska 305, 9. UC Santa Barbara 327, 10. Baylor 332, 11. Boston College 335, 12. Duke 356, 13. Virginia 377, 14. Georgia 383, 15. Texas 388, 16. Yale 393, 17. Toledo 411, 18. William & Mary 420, 19. Arizona 521, 20. Minnesota 527, 21. Washington State 536.

Top Ten Individuals: 1. Shalane Flanagan (North Carolina) 19:29.5, 2. Michaela Mannova (Brigham Young) 20:01.7, 3. Ida Nilsson (Northern Arizona) 20:05.8, 4. Carol Henry (North Carolina) 20:12.1, 5. Treniere Clement (Georgetown) 20:14.1, 6. Cack Ferrell (Princeton) 20:23.2, 7. Laura Turner (Brigham Young) 20:37.7, 8. Erin Donohue (North Carolina) 20:38.4, 9. Jennifer Kramer (Boston College) 20:39.2, 10. Molly Huddle (Notre Dame) 20:39.7.

WSU Results: 14. Anna Blue 20:43, 77. Ana Cabrera 21:53, 124. Kayle Peterson 22:21, 134. Molly Bull 22:36, 187. Julia Corbett 23:37, 200. Karen DeMartini 24:08, 201. Kelly Ramirez 24:10.



Coach Jason Drake

WOMEN'S CROSS COUNTRY

Pac-10 Cross Country Championships, (WSU Golf Course, Pullman, Wash., 6,000m)

Nov. 1, 2003

Women's Team Scores: 1. Stanford 22, 2. Arizona State 78, 3. UCLA 79, 4. Washington 123, 5. Oregon 161, 6. Arizona 179, 7. USC 185, 8. Washington State 187, 9. California 202.

Top Ten Individuals: 1. Sara Bei, (Stanford) 21:12.1, 2. Alicia Craig, (Stanford) 21:12.2, 3. Arianna Lambie, (Stanford) 21:21, 4. Amy Hastings (Arizona State) 21:40, 5. Magdalena Sandoval (Oregon) 21:45, 6. Katy Trotter (Stanford) 21:52, 7. Valerie Flores (UCLA) 21:55, 8. Iryna Vashchuk (USC) 21:58, 9. Ingwill Makestad (Washington) 21:59, 10. Amanda Trotter (Stanford) 22:02.

WSU Results: 23. Anna Blue 22:58, 25. Ana Cabrera 23:08, 48. Kayle Peterson 24:05, 52. Natalie Smith 24:17, 53. Katie Troy 24:21, 54. Molly Bull 24:25, 56. Julia Corbett 24:35, 70. Hailey Young 25:19, 74. Grace Coulter 25:51.

West Regional Cross Country Championships, (Blue Lake Regional Park, Gresham, Ore.,)

Nov. 15, 2003

Team Scores (Top Ten and Pac-10): 1. Stanford 45, 2. UCLA 69, 3. Washington 94, 4. Arizona State 112, 5. UC Santa Barbara 175, 6. Idaho 193, 7. Cal Poly 274, 8. Arizona 290, 9. Oregon 290, 10. California 308, 14. Washington State 362.

Top Ten Individuals: 1. Alicia Craig, (Stanford) 20:06, 2. Amy Hastings, (Arizona State) 20:22, 3. Sara Bei, (Stanford) 20:27, 4. Valerie Flores, (UCLA) 20:30, 5. Ingwill Makestad, (Washington) 20:37, 6. Iryna Vashchuk, (USC) 20:38, 7. Anna Masinelli, (Arizona State) 20:42, 8. Bridget Duffy, (California) 20:46, 9. Magdalena Sandoval, (Oregon) 20:48, 10. Kathleen Trotter, (Stanford) 20:49.

WSU Results: 12. Anna Blue 20:51, 47. Ana Cabrera 22:00, 91. Kayle Peterson 22:46, 93. Molly Bull 22:47, 128. Julia Corbett 23:18, 148. Katie Troy 23:35, 149. Natalie Smith 23:36.

2003 NCAA Division I National Cross Country Championships, (Irv Warren Golf Course, Waterloo, Iowa, 6,000 meters)

Nov. 24, 2003

Team Scores (Top Ten): 1. Stanford 120, 2. Brigham Young 128, 3. Providence 222, 4. Michigan 232, 5. Colorado, 6. North Carolina State, 7. UCLA 293, 8. North Carolina 294, 9. Princeton 348, 10. Notre Dame 352.

Top Ten Individuals: 1. Shalene Flanagan, (North Carolina) 19:30, 2. Kim Smith, (Providence) 19:42, 3. Sara Bei, (Stanford) 19:49, 4. Michaela Mannova, (BYU) 19:52, 5. Mary Cullen, (Providence) 19:53, 6. Alicia Craig, (Stanford) 19:55, 7. Carol Henry, (North Carolina) 19:59, 8. Emily Kroshus, (Princeton) 20:03, 9. Ida Nilsson, (Northern Arizona) 20:05, 10. Johanna Nilsson, (Northern Arizona) 20:07.

WSU Results: 78. Anna Blue 21:06.

WOMEN'S CROSS COUNTRY HISTORY

WSU's NCAA Cross Country

COMPETITORS

Year	Site	Name	Finish
1983	Bethlehem	Lisa Braun	51
1983	Bethlehem	Cheryl Livingstone	76
1983	Bethlehem	Kari Jonassen	101
1983	Bethlehem	Linda Spaargaren	114
1983	Bethlehem	Camille Rivard	115
1983	Bethlehem	Joan McGrath	130
1984	College Park	Cheryl Livingstone	69
1985	Milwaukee	Linda Spaargaren	46
1985	Milwaukee	Kari Jonassen	50
1985	Milwaukee	Lisa Braun	64
1985	Milwaukee	Camille Rivard	69
1985	Milwaukee	Cheryl Livingstone	93
1985	Milwaukee	Zenny Koehler	119
1985	Milwaukee	Mary Reed	127
1987	Charlottesville	Lisa Braun	45
1992	Bloomington	Jennifer Robertson Bravard	100
1998	Lawrence	Megan Maynard	22
2001	Greenville	Everlyne Lagat	30
2003	Waterloo	Anna Blue	78

WSU's Pacific-10

INDIVIDUAL CHAMPIONS

Year	Name
1989	Jennifer Robertson Bravard

WSU's Pacific-10 Cross Country

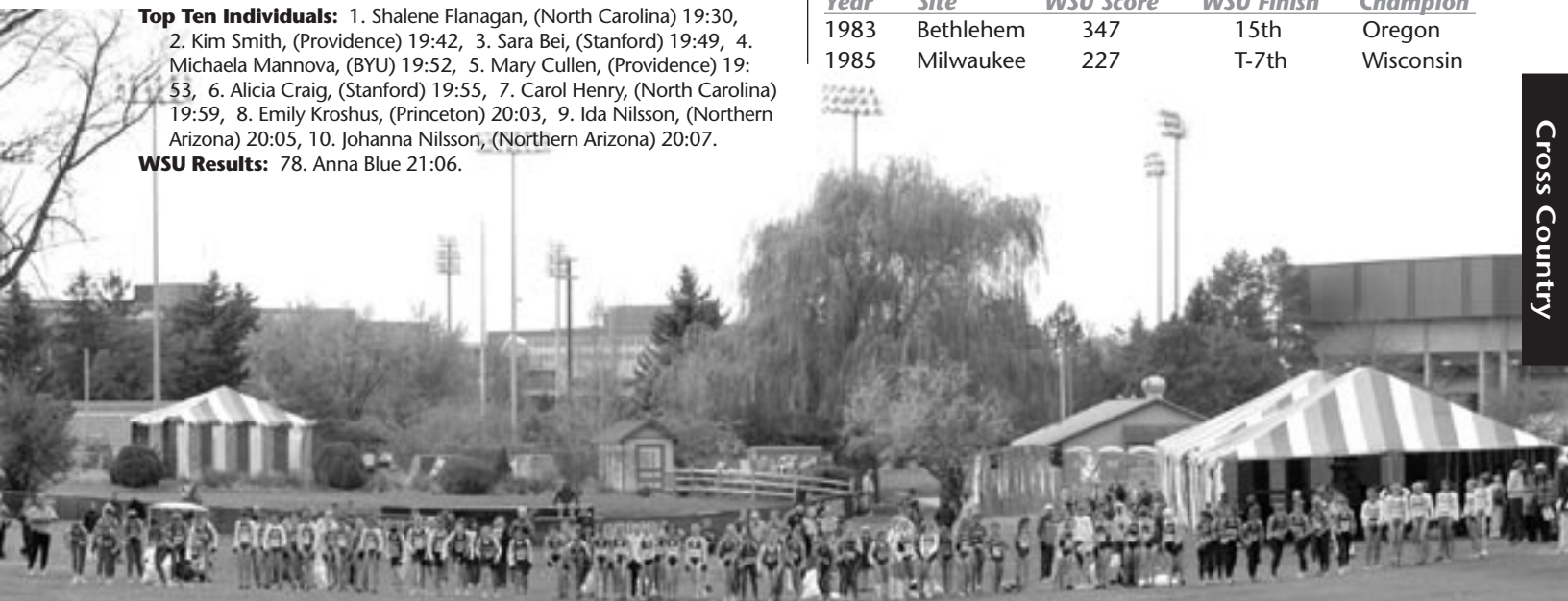
ATHLETE OF THE YEAR

Year	Name
1989	Jennifer Robertson Bravard

NCAA Cross Country

CHAMPIONSHIPS

Year	Site	WSU Score	WSU Finish	Champion
1983	Bethlehem	347	15th	Oregon
1985	Milwaukee	227	T-7th	Wisconsin



WOMEN'S CROSS COUNTRY

WSU's Cross Country

ALL-AMERICANS

Year	Name
1998	Megan Maynard
2001	Everlyne Lagat

WSU Women's Team

CAPTAINS

Year	Captain
1990	Mary Jo Gadler, Debbie Granley
1993	Jessica Brathovd
1995	Carrie Mangiapane
1996	Marilyn Moberly
1997	Joanne Hunsinger
1998	Kim Schmolka
1999	Megan Maynard
2000	Alishia Booterbaugh
2001	Ryan Gilmore and Jenny Filipy
2002	Anna Blue
2003	Ana Cabrera

Pacific-10 Conference

WOMEN'S CHAMPIONSHIPS

Year	Site	WSU Finish	Champion
1986	Stanford	6th	Oregon
1987	Stanford	3rd	Oregon
1988	Stanford	4th	Oregon
1989	Stanford	2nd	Washington
1990	Stanford	4th	Oregon
1991	Stanford	7th	Oregon
1992	Stanford	6th	Oregon
1993	Stanford	8th	Stanford
1994	Stanford	6th	Stanford
1995	Stanford	7th	Oregon
1996	Stanford	7th	Stanford
1997	Stanford	7th	Stanford
1998	Eugene	6th	Stanford
1999	Long Beach	7th	Stanford
2000	Seattle	5th	Stanford
2001	Scottsdale	6th	Stanford
2002	Los Angeles	6th	Stanford
2003	Pullman	8th	Stanford



MEN'S CROSS COUNTRY



2003 Washington State Men's Cross Country Results

Idaho Cross Country Invitational (Idaho Golf Course, Moscow, Idaho, 4 miles)

September 5, 2003

Men's Team Results: WSU 18, Idaho 41.

Top Five Individuals: 1. Danny Wolf (WSU) 19:54; 2. Mike Heidt (WSU) 19:58; 3. Jan Eitel (Idaho) 20:01; 4. Ian Johnson (WSU) 20:09; 5. Andrew Jones (WSU) 20:22.

WSU Results: 1. Danny Wolf 19:54; 2. Mike Heidt 19:58; 4. Ian Johnson 20:09; 5. Andrew Jones 20:22; 7. Ryan Freimuth 20:49; 11. Steve Barrus 21:04; 14. Reid Carrell 21:08; 15. Justin Ireland 21:14.

Roy Griak Invitational (Les Bolstad Golf Course, Minneapolis, Minnesota, 8,000 meters)

September 27, 2003

Team Scores: 1. Wisconsin 89, 2. Brigham Young 131, 3. Colorado State 152, 4. Oregon 161, 5. Arizona State 188, 6. Arizona 258, 7. Providence 260, 8. Portland 261, 9. Washington State 269, 10. Miami (Ohio) 282, 11. Eastern Michigan 304, 12. Minnesota 320, 13. Weber State 361, 14. Texas 368, 15. Loyola (Ill.) 407, 16. Baylor 430, 17. Iowa 442, 18. Montana 460, 19. Missouri 527, 20. Utah State 533, 21. Northern Iowa 562, 22. Wake Forest 563, 23. Drake 621, 24. Southern Utah 628, 25. Iowa State 671, 26. Boston College 691, 27. Marquette 715, 28. Cincinnati 726, 29. Nebraska 761, 30. Texas Tech 800.

Top Ten Individuals: 1. Kip Kangogo (Brigham Young) 23:58, 2. Robert Chaseret (Arizona) 24:00, 3. Simon Bairu (Wisconsin) 24:01, 4. Gavin Thompson (Eastern Michigan) 24:18, 5. Austin Vigil (Colorado State) 24:24, 6. Chris Solinsky (Wisconsin) 24:28, 7. Paul Morrison (Texas) 24:30, 8. Mike Nielson (Utah State) 24:31, 9. Jonah Maiyo (Arizona) 24:32, 10. Bill Michel (Colorado State) 24:33.

WSU Results: 20. Danny Wolf, 24:43, 25. Mike Heidt, 24:49, 36. Ian Johnson, 25:02, 70. Andrew Jones, 25:28, 118. Matt Knoff, 25:53, 132. Ryan Freimuth, 25:59, 143. Alex Grant, 26:06.

Sundodger Invitational (Lincoln Park, Seattle, Washington, 8,000 meters)

September 27, 2003

WSU Results: **Men 8k Run CC Open:** 118. Jon Manthey, 27:59.

Men 8k Run CC Invitational: 41. Geoff Casazza, 26:01 (Unattached), 50. Chris Concha, 26:21 (Unattached), 56. Daniel Frederick, 26:28 (Unattached).

Washington State University Invitational (WSU Golf Course, Pullman, Washington, 8,000 meters)

October 11, 2003

Team Dual Scores: WSU 17, Calgary 46; WSU 15, Eastern Washington 50; WSU 16, Gonzaga 46; WSU 16, Idaho 47; Calgary 24, EWU 33; Calgary 28, Gonzaga 28; Calgary 23, Idaho 35; EWU 28, Idaho 28; Gonzaga 21, EWU 34; Gonzaga 24, Idaho 33.

Top Ten Individuals: 1. Danny Wolf, (WSU) 25:59, 2. Lanny Mann,

(Unattached) 26:04, 3. Ian Johnson, (WSU) 26:27, 4. Mike Heidt, (WSU) 26:27, 5. Nathan Kendrick, (Calgary) 26:28, 6. Andrew Jones, (WSU) 26:51, 7. Brandon Reiff, (Idaho) 27:07, 8. Joe Miller, (Gonzaga) 27:18, 9. Matt Knoff, (WSU) 27:20, 10. Steve Barrus, (WSU) 27:23.

WSU Results: 1. Danny Wolf, 25:59, 3. Ian Johnson, 26:27, 4. Mike Heidt, 26:27, 6. Andrew Jones, 26:51, 9. Matt Knoff, 27:20, 10. Steve Barrus, 27:23, 13. Alex Grant, 27:40, 15. Justin Ireland, 27:52, 20. Reid Carrell, 28:15, 21. Chris Williams, 28:18, 42. Jon Manthey, 30:18.

Pre-National Meet (Irv Warren Golf Course, Waterloo, Iowa, 8,000 meters)

October 18, 2003

Top Team Scores (Top 15 and WSU): 1. Colorado 109, 2.

Northern Arizona 114, 3. Ohio State 141, 4. Georgetown 201, 5. Arizona 202, 6. North Carolina State 217, 7. Oregon 236, 8. Georgia 258, 9. Notre Dame 276, 10. Kansas 348, 11. Iowa 374, 12. William & Mary 380, 13. Texas 400, 14. Butler 423, 15. Florida 444, 16. Washington State 459.

Top Ten Individuals: 1. Dathan Ritzenhein (Colorado) 23:17, 2. Robert Chaseret (Arizona) 23:19, 3. Travis Laird (Northern Arizona) 23:33.4, 4. Henrik Ahnstrom (Northern Arizona) 23:33.8, 5. Gavin Thompson (Eastern Michigan) 23:34, 6. Ed Moran (William & Mary) 23:38, 7. Paul Morrison (Texas) 23:41, 8. Thomas Morgan (Kentucky) 23:47, 9. Jonah Maiyo (Arizona) 23:50, 10. Simon Ngata (Georgia) 23:51.

WSU Results: 64. Ian Johnson 24:41, 70. Mike Heidt 24:44, 78. Danny Wolf 24:53, 101. Andrew Jones 25:07, 146. Matt Knoff 25:29, 204. Alex Grant 26:12, 240. Steve Barrus 28:04.



MEN'S CROSS COUNTRY

Pac-10 Cross Country Championships, (WSU Golf Course, Pullman, Wash., 8,000m)

Nov. 1, 2003

Men's Team Scores: 1. Stanford 23, 2. Oregon 91, 3. Washington 93, 4. Arizona 109, 5. Arizona State 112, 6. Washington State 136, 7. UCLA 150, 8. California 192.

Top Ten Individuals: 1. Ian Dobson (Stanford) 24:33, 2. Grant Robison, (Stanford) 24:35.5, 3. Robert Cheseret (Arizona) 24:35.8, 4. Donald Sage, (Stanford) 24:44, 5. Jonah Maiyo (Arizona) 25:06, 6. Brett Holts (Oregon) 25:07.2, 7. Chris Emme (Stanford) 25:07.8, 8. Eric Logsdon (Oregon) 25:08, 9. Adam Tenforde (Stanford) 25:13, 10. Eric Garner (Washington) 25:16.

WSU Results: 14. Ian Johnson 25:27, 16. Danny Wolf 25:30, 32. Mike Heidt 26:03, 33. Andrew Jones 26:04, 51. Alex Grant 26:38, 53. Matt Knoff 26:47, 58. Justin Ireland 27:09, 63. Steve Barrus 27:28, 64. Ryan Freimuth 27:29, 69. Chris Williams 27:59.

West Regional Cross Country Championships, (Blue Lake Regional Park, Gresham, Ore.,)

Nov. 15, 2003

Men's Team Scores (Top 10): 1. Stanford 18, 2. Cal Poly 110, 3. Arizona 132, 4. Washington 162, 5. Oregon 164, 6. Portland 169, 7. UCLA 178, 8. Arizona State 189, 9. Washington State 252, 10. California 257.

Top Ten Individuals: 1. Ian Dobson, (Stanford) 29:32, 2. Ryan Hall, (Stanford) 29:33, 3. Robert Cheseret, (Arizona) 29:35, 4. Donald Sage, (Stanford) 29:42, 5. Adam Tenforde, (Stanford) 29:44, 6. Chris Emme, (Stanford) 29:45, 7. Ryan Craig (Portland) 29:52, 8. Sean Ricketts, (Cal Poly) 30:00, 9. Neil Davis, (Stanford) 30:02, 10. Jonah Maiyo, (Arizona) 30:06.

WSU Results: 29. Mike Heidt 30:28, 39. Danny Wolf 30:45, 40. Ian Johnson 31:28, 64. Andrew Jones 31:22, 80. Justin Ireland 31:52, 91. Matt Knoff 32:05, 101. Alex Grant 32:23.



MEN'S CROSS COUNTRY HISTORY

Pacific-10 Conference

MEN'S CHAMPIONSHIPS

<i>Year</i>	<i>Site</i>	<i>WSU Finish</i>	<i>Champion</i>
1969	Stanford	2nd	Oregon
1970	Pullman	2nd	Oregon
1971	Los Angeles	1st	Washington State
1972	Seattle	1st	Washington State
1973	Stanford	2nd	Oregon
1974	Stanford	1st	Washington State
1975	Stanford	1st	Washington State
1976	Stanford	2nd	Oregon
1977	Stanford	3rd	Oregon
1978	Fresno	2nd	Oregon
1979	Stanford	2nd	Oregon
1980	Stanford	Inc. Team	UCLA
1981	Stanford	6th	UCLA
1982	Fresno	4th	Oregon
1983	Stanford	No entry	Arizona
1984	Stanford	2nd	Arizona
1985	Stanford	5th	Stanford
1986	Stanford	9th	Arizona
1987	Stanford	3rd	Arizona
1988	Stanford	6th	Oregon
1989	Stanford	6th	Oregon
1990	Stanford	Inc. Team	Oregon
1991	Stanford	4th	Arizona
1992	Stanford	6th	Oregon
1993	Stanford	2nd	Washington
1994	Stanford	7th	Arizona
1995	Stanford	6th	Oregon
1996	Stanford	4th	Stanford
1997	Stanford	3rd	Stanford
1998	Stanford	3rd	Stanford
1999	Long Beach	8th	Arizona
2000	Seattle	7th	Stanford
2001	Tucson	8th	Stanford
2002	Pasadena	5th	Stanford
2003	Pullman	6th	Stanford

WSU's Pacific-10

INDIVIDUAL CHAMPIONS

<i>Year</i>	<i>Name</i>
1969	Gerry Lindgren
1972	John Ngeno
1974	John Ngeno
1975	Joshua Kimeto
1976	Henry Rono
1977	Joel Cheruiyot
1978	Henry Rono
1979	Henry Rono
1981	Richard Tuwei
1992	Josephat Kapkory
1993	Josephat Kapkory
1997	Bernard Lagat

WSU's West Region

INDIVIDUAL CHAMPIONS

<i>Year</i>	<i>Name</i>
1976*	Henry Rono (fr.)
1977	Joel Cheruiyot (fr.)
1978	Henry Rono
1979	Henry Rono
1981	Richard Tuwei (fr.)
1991	Josephat Kapkory
1992	Josephat Kapkory
1993	Josephat Kapkory

MEN'S CROSS COUNTRY

NCAA Cross Country CHAMPIONSHIPS

<i>Year</i>	<i>Site</i>	<i>WSU Score</i>	<i>WSU Finish</i>	<i>Champion</i>
1966	Lawrence	208	5th	Villanova
1969	New York	187	4th	Texas-El Paso
1971	Knoxville	122	2nd	Oregon
1972	Houston	179	4th	Tennessee
1973	Spokane	166	3rd	Oregon
1974	Bloomington	144	4th	Oregon
1975	College Park	92	2nd	Texas-El Paso
1976	Denton	179	3rd	Texas-El Paso
1977	Spokane	278	9th	Oregon
1984	University Park	214	7th	Arkansas
1998	Lawrence	433	18th	Arkansas

WSU's Cross Country ALL-AMERICANS

<i>Year</i>	<i>Name</i>	<i>Site</i>
1965	Gary Benson	Lawrence
1965	Chris Westman	Lawrence
1966	Chris Westman	Lawrence
1966	Gerry Lindgren (NCAA)	Lawrence
1967	Gerry Lindgren	Laramie
1969	Rick Riley	New York
1969	Gerry Lindgren (NCAA)	New York
1970	Mark Hiefield	Williamsburg
1970	Don Smith (fr.)	Williamsburg
1971	Dan Murphy (fr.)	Knoxville
1971	Phil Burkwest	Knoxville
1972	Dan Murphy	Houston
1973	John Ngeno	Spokane
1973	Dan Murphy	Spokane
1974	John Ngeno	Bloomington
1975	Joshua Kimeto	College Park
1975	Kurt Beckman	College Park
1975	John Ngeno	College Park
1976	Henry Rono (NCAA)	Denton
1976	Samson Kimombwa	Denton
1976	Joshua Kimeto	Denton
1977	Henry Rono	Spokane
1977	Joel Cheruiyot (fr.)	Spokane
1979	Henry Rono	Bethlehem
1979	Joel Cheruiyot	Bethlehem
1981	Richard Tuwei (fr.)	Wichita
1984	Peter Koech	University Park
1987	Jacinto Navarrete	Charlottesville
1990	Samuel Kibiri	Knoxville
1990	E. J. Guo	Knoxville
1991	Josephat Kapkory	Tucson
1992	Josephat Kapkory	Bloomington
1993	Josephat Kapkory	Bethlehem
1993	Patrick Muturi	Bethlehem
1997	Bernard Lagat	Greenville
1998	Eric Kamau	Lawrence
1998	Bernard Lagat	Lawrence

Bold Type = NCAA Champion
(NCAA) = NCAA Meet Record

WSU's Pacific-10 ATHLETE OF THE YEAR

<i>Year</i>	<i>Name</i>	<i>Class</i>
1975	Joshua Kimeto	Sophomore
1976	Henry Rono	Freshman
1977	Henry Rono	Sophomore
1979	Henry Rono	Senior
1981	Richard Tuwei	Freshman
1992	Josephat Kapkory	Junior
1993	Josephat Kapkory	Senior

Coach of the Year HONORS

<i>Year</i>	<i>Name</i>	<i>Honor</i>
1970	Jack Mooberry	NCAA District 8
1975	John Chaplin	Pac-10, NCAA District 8

WSU Cross Country CAPTAINS

<i>Year</i>	<i>Captain</i>
1965	Gary Benson
1966	Chris Westman
1967	Gerry Lindgren
1968	Rick Riley
1969	Rick Riley
1970	Don Smith
1971	Mark Hiefield
1972	Phil Burkwest
1973	Dean Clark
1974	Dan Murphy
1975	John Ngeno
1976	Kurt Beckman
1977	Joshua Kimeto
1978	Samson Kimombwa
1979	Henry Rono
1980	Rob Evans
1981	Steve James
1982	Steve James
1983	Peter Koech
1984	Peter Koech
1985	Nathan Morris
1986	John Knight
1987	Jim Frey
1988	John Hill
1989	John Hill
1990	Robert Price
1991	E. J. Guo
1992	Nathan Davis
1993	Josephat Kapkory
1994	George Loucaides
1995	George Loucaides
1996	David Jungk
1997	David Jungk
1998	Jon Murray
1999	Rob Harris
2000	Scott Johnson
2001	Scott Johnson and Jon Welsh
2002	Kyle Barker
2003	Danny Wolf