



2007 COUGAR

CROSS COUNTRY



On crisp fall 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.

In 2006, the Cougar men's team competed at the NCAA Cross Country Championships for the first time in nearly a decade and with only one senior on that squad, the resurgence will continue.

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.

Three Cougars have earned All-America certificates under Drake's mentoring. Danny Wolf earned All-America honors with his 10th place finish in 3000m at the 2003 NCAA Indoor Championships. Anna Blue finished sixth in the 5000m at the 2003 NCAA Outdoor Championships in addition to setting school records that same year in the 10k, 3000m, and 5000m.

Haley Paul earned All-America honors as a sophomore with her 14th place finish at the 2005 NCAA Cross Country Championships after finishing sixth at the Pac-10 Championships and ninth at the NCAA West Regional Championships.

"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."

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



2006 Cougar Men's Cross Country Team

MEN'S CROSS COUNTRY AT 2006 NCAA CHAMPIONSHIP



Cross Country

MEN'S CROSS COUNTRY



2006 Washington State Men's Cross Country Results

Vandal Cross Country Twilight Jamboree (University Golf Course, Moscow, Idaho 4,000m)

September 1, 2006

Men's Team Results: 1. Washington State 15, 2. Idaho 48; 3. Washington State 15, 4. Gonzaga 50; 5. Idaho 23, 6. Gonzaga 35.

Top Five Individuals: 1. Dan Geib (Unattached) 20:53.42; 2. Woody Favinger (WSU) 20:56.49; 3. Drew Polley (WSU) 20:56.97; 4. Alex Grant (WSU) 20:57.24; 5. Andrew Jones (WSU) 20:57.24.

WSU Results: 1. Dan Geib (Unattached) 20:53.42; 2. Woody Favinger 20:56.49; 3. Drew Polley 20:56.97; 4. Alex Grant 20:57.24; 5. Andrew Jones 20:57.24; 6. Chris Williams 21:01.71; 7. Chris Concha 21:06.21; 10. Sam Ahlbeck (Unattached) 21:16.03; 11. Dominic Smargiassi 21:19.12; 12. Luke Lemenager (Unattached) 21:24; 14. Evan Blanshan 21:27.73

Sundodger Invitational (Lincoln Park, Seattle, Wash. 8,000m)

September 16, 2006

Men's Team Results: 1. Chico State 40, 2. Washington 82, 3. Washington State 85, 4. UC Riverside 114, 5. UC Davis 122, 6. Club Northwest 135, 7. Boise State 164, 8. Idaho 228, 9. Gonzaga 250, 10. Santa Clara 275, 11. Seattle RC 307, 12. Portland State 331

Top Five Individuals: 1. Scotty Bauhs (Chico State) 23:43; 2. Forest Braden (Boise State) 23:59; 3. Chris Ferren-Cirino (UC Davis) 24:04; 4. Charlie Serrano (Chico State) 24:08; 5. Mike Heidt (Club Northwest) 24:14.

WSU Results: 7. Andrew Jones 24:16; 9. Drew Polley 24:22; 15. Daniel Geib 24:36; 18. Chris Williams 24:53; 26. Sam Ahlbeck (Unattached) 24:53; 38. Chris Concha 25:05; 47. Evan Blanshan 25:23; 45. Luke Lemenager (Unattached) 25:16; 51. Dominic Smargiassi 25:26; 60. Derry Betts (Unattached) 25:36.

Montana Invitational (University Golf Course, Missoula, Mont. 8,000m)

September 30, 2006

Men's Team Results: 1. Washington State 18, 2. Montana State 65, 3. Montana 80, 4. Idaho State 97, 5. Great Falls 118, 6. Eastern Washington 125, 7. Big Sky Distance Project 167, 8. Blackfeet Cross Country 198, 9. MSU-Billings 222.

Top Five Individuals: 1. Alex Grant (WSU) 25:05, 2. Matt Tyrrell (Unattached) 25:09, 3. Woody Favinger (WSU) 25:12, 4. Paul Limpf (Eastern Washington) 25:16, 5. Dan Geib (WSU) 25:37.

WSU Results: 1. Alex Grant 25:05, 3. Woody Favinger 25:12, 5. Dan Geib 25:37, 6. Chris Williams 25:45, 7. Andrew Jones 25:47, 9. Luke Lemenager 25:53 (Unattached), 11. Sam Ahlbeck 25:59 (Unattached), 16. Chris Concha 26:09, 20. Dominic Smargiassi 26:25, 30. Evan Blanshan 27:00, 28.

NCAA Pre-National Cross Country Meet (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 8,000m)

October 14, 2006

Men's Blue Race Top Team Results: 1. Colorado 75; 2. Florida State 141; 3. North Carolina State 152; 4. UC Santa Barbara 229; 5. Georgetown 274; 6. Providence 285; 7. Louisville 2289; 8. Oklahoma State 292; 9. Arizona 293; 10. Butler 321. 20. Washington State 532.

Top Five Individuals: 1. Martin Fagan (Providence) 23:30.3; 2. Robert Cheseret (Arizona) 23:36.2; 3. Robert Curtis (Villanova) 23:43.6; 4. Obed Mutanya (Arizona) 23:44.6; 5. Andrew Lemoncello (Florida State) 23:45.8.

WSU Results: 44. Woody Favinger 24:25.7; 85. Andrew Jones 24:47.7; 86. Alex Grant 24:47.7; 123. Chris Williams 24:59.5; 194. Drew Polley 25:36.7; 215. Chris Concha 25:52.7; 226. Dan Geib 26:05.9.

Pac-10 Cross Country Championships (Stanford Golf Course, Palo Alto, Calif. 8,000m)

October 28, 2006

Men's Team Results: 1. Oregon 53; 2. Stanford 58; 3. Arizona 107; 4. Arizona State 113; 5. UCLA 130; 6. Washington 131; 7. Washington State 150; 8. California 179.

Top Five Individuals: 1. Galen Rupp (Oregon) 23:03; 2. Robert Cheseret (Arizona) 23:10; 3. Neftalem Araia (Stanford) 23:15; 4. Aaron Aguayo (Arizona State) 23:20; 5. Obed Mutanya (Arizona) 23:23.

WSU Results: 18. Woody Favinger 24:01; 19. Alex Grant 24:03; 34. Andrew Jones 24:35; 40. Chris Williams 24:42; 49. Drew Polley 24:56; 60. Clay Hemlock 25:20; 63. Dan Geib 25:36; 69. Chris Concha 26:03; 71. Dominic Smargiassi 26:11; 72. Evan Blanshan 26:17.



Woody Favinger

MEN'S CROSS COUNTRY

Men's NCAA West Regionals, Blue Lake Park, Portland, Ore. (10,000m)

November 11, 2006

Men's Top Team Results: 1. Oregon 69; 2. Stanford 88; 3. Portland 123; 4. Washington 139; 5. Arizona 156; 6. UCLA 167; 7. UC Santa Barbara 170; 8. Washington State 201; 9. Cal Poly 220; 10. California 260.

Top Five Individuals: 1. Neftalem Araia (Stanford) 30:05.88; 2. Aaron Aguayo (Arizona State) 30:13.61; 3. Obed Mutanya (Arizona) 30:14.64; 4. Galen Rupp (Oregon) 30:14.94; 5. Jeremy Mineau (Washington) 30:15.34.

WSU Results: 23. Alex Grant 31:02.12; 25. Woody Favinger 31:06.91; 42. Andrew Jones 31:34.04; 46. Drew Polley 31:38.97; 66. Clay Hemlock 32:05.52; 77. Chris Williams 32:31.32; 102. Dan Geib 33:15.80.

NCAA Cross Country Championships (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 10,000m)

November 20, 2006

Men's Top Team Results: 1. Colorado 94; 2. Wisconsin 142; 3. Iona 172; 4. Stanford 195; T5. Oregon and Arkansas 196; 7. Texas 246; 8. William & Mary 292; 9. Providence 293; 10. Oklahoma State 356. 29. Washington State 595.

Top Five Individuals: 1. Josh Rohatinsky (BYU) 30:44.9; 2. Neftalem Araia (Stanford) 30:52.6; 3. Jess Baumgartner (Southern Utah) 30:53.2; 4. Lopez Lomong (N. Arizona) 30:59.8; 5. Martin Fagan (Providence) 31:01.0.

WSU Results: 92. Woody Favinger 32:49; 99. Drew Polley 32:54; 115. Andrew Jones 33:04; 123. Alex Grant 33:07; 166. Clay Hemlock 33:46; (184.) Chris Williams 34:09; (211.) Dan Geib 36:08.



MEN'S CROSS COUNTRY HISTORY

Pacific-10 Conference

MEN'S CHAMPIONSHIPS

Year	Site	WSU Finish	Champion
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
2004	San Francisco	7th	Stanford
2005	Tucson	8th	Stanford
2006	Stanford	7th	Oregon

WSU's Pacific-10

INDIVIDUAL CHAMPIONS

Year	Name
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

Year	Name
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

Year	Site	WSU Score	WSU Finish	Champion
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

Year	Name	Site
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

Year	Name	Class
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

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

WSU Cross Country CAPTAINS

Year	Captain
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
2004	Danny Wolf
2005	Ryan Freimuth
2006	Alex Grant

WOMEN'S CROSS COUNTRY

2006 Washington State Women's Cross Country Results



2005 All-American Haley Paul

Vandal Cross Country Twilight Jamboree (University Golf Course, Moscow, Idaho 4,000m)

September 1, 2006

Women's Team Results: 1. Washington State 27, 2. Idaho 28; 3. Washington State 18, 4. Gonzaga 38; 5. Idaho 20, 6. Gonzaga 35.

Top Five Individuals: 1. Rhea Richter (Idaho) 15:03.01; 2. Chelsea VanDeBrake (Unattached) 15:18.51; 3. Isley Gonzalez (Unattached) 15:20.44; 4. Meghan Leonard (WSU) 15:20.72; 5. Collier Lawrence (Unattached) 15:21.02.

WSU Results: 2. Chelsea VandeBrake (Unattached) 15:18.51; 3. Isley Gonzalez (Unattached) 15:20.44; 4. Meghan Leonard 15:20.72; 5. Collier Lawrence (Unattached) 15:21.02; 6. Haley Paul (Unattached) 15:21.40; 7. Kelly Ramirez 15:33.12; 9. Sara Trané 15:43.61; 13. Kayle Peterson 15:49.28; 14. Stephanie Sipes (Unattached) 15:49.78; 16. Lisa Egami (Unattached) 15:58.92; 17. Rebecca Williams (Unattached) 16:02.57; 18. Alyssa Modrell 16:24.31; 22. Piper Marshall 17:03.53.

Sundodger Invitational (Lincoln Park, Seattle, Wash. 6,000m)

September 16, 2006

Women's Team Results: 1. Michigan 27; 2. Club Northwest 69; 3. Washington 70; 4. Washington State 77, 5. UC Riverside 144, 6. Oregon State 205, 7. Portland 241, 8. Santa Clara 256; 9. Seattle RC 275; 10. Idaho 284; 11. Boise State 285; 12. UC Davis 312; 13. Portland State 314; 14. Gonzaga 388.

Top Five Individuals: 1. Erin Webster (Michigan) 20:17; 2. Haley Paul (WSU) 20:31; 3. Dee Olson (Unattached) 20:43; 4. Nicole Edwards (Michigan) 20:54; 5. Alyson Kohlmeier (Michigan) 20:58.

WSU Results: 2. Haley Paul 20:31; 9. Collier Lawrence 21:17; 16. Isley Gonzalez 21:26; 28. Meghan Leonard 21:36; 29. Kelly Ramirez 21:37; 33. Chelsea VanDeBrake 21:41; 62. Rebecca Williams (Unattached) 22:21; 63. Kayle Peterson 22:22; 67. Lisa Egami (Unattached) 22:31;

94. Stephanie Sipes (Unattached) 22:59; 119. Karen DeMartini 23:50; 131. Piper Marshall 24:39.

Montana Invitational (University Golf Course, Missoula, Mont. 6,000m)

September 30, 2006

Women's Team Results: 1. Washington State 36, 2. Montana 52, 3. Montana State 79, 4. Idaho State 91, 5. Eastern Washington 105, 6. MSU-Billings 187, 7. Great Falls 194.

Top Five Individuals: 1. Haley Paul (WSU) 21:32, 2. Allie Brosh (Montana) 21:52, 3. Isley Gonzalez (WSU) 22:08, 4. Kara DeWalt (Montana) 22:18, 5. Ashley Hadway (Montana State) 22:22.

WSU Results: 1. Haley Paul 21:32, 3. Isley Gonzalez 22:08, 8. Chelsea VanDeBrake 22:31, 10. Collier Lawrence 22:40, 14. Kelly Ramirez 22:50, 17. Meghan Leonard 23:12, 18. Sara Trané 23:16, 23. Kayle Peterson 23:40, 24. Lisa Egami 23:50, 25. Stephanie Sipes 24:08 (Unattached), 30. Rebecca Williams 24:22 (Unattached), 34. Karen DeMartini 24:32, 41. Alyssa Modrell 25:15, 44. Piper Marshall 25:51.

NCAA Pre-National Cross Country Meet (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 6,000m)

October 14, 2006

Women's Blue Race Top Team Results: 1. North Carolina State 117; T2. Michigan 176; T2. Wisconsin 176; 4. UC Santa Barbara 196; 5. Illinois 219; 6. Colorado 228; 7. Tennessee 291; 8. Georgetown 294; 9. Iona 306; 10. Georgia 321. 17. Washington State 445.

Top Five Individuals: 1. Julia Lucas (NC State) 20:01.4; 2. Frances Koons (Villanova) 20:08.3; 3. Jenny Barringer (Colorado) 20:09.8; 4. Erin Webster (Michigan) 20:10.2; 5. Hanna Grinaker (Wisconsin) 20:17.7.

WSU Results: 21. Haley Paul 20:47.3; 99. Chelsea VanDeBrake 21:43.5; 103. Collier Lawrence 21:45.7; 105. Isley Gonzalez 21:46.1; 115. Kelly Ramirez 21:52.5; 133. Meghan Leonard 22:00.9; 155. Sara Trané 22:14.3.



Head Coach Jason Drake

WOMEN'S CROSS COUNTRY

Pac-10 Cross Country Championships (Stanford Golf Course, Palo Alto, Calif. 6,000m)

October 28, 2006

Women's Team Results: 1. Stanford 22; 2. Arizona State 51; 3. Washington 96; 4. Oregon 103; 5. UCLA 121; 6. Washington State 156; 7. Arizona 206; 8. Oregon State 217; 9. California 260; 10. Southern California 323.

Top Five Individuals: 1. Arianna Lambie (Stanford) 20:15; 2. Kathleen Trotter (Stanford) 20:18; 3. Amanda Trotter (Stanford) 20:18; 4. Teresa McWalters (Stanford) 20:25; 5. Cassie Rios (Arizona State) 20:38.

WSU Results: 11. Haley Paul 21:03; 31. Collier Lawrence 21:51; 37. Kelly Ramirez 21:57; 38. Isley Gonzalez 21:58; 39. Lisa Egami 21:59; 41. Chelsea VanDeBrake 22:01; 44. Sara Trané 22:08; 45. Meghan Leonard 22:10; 74. Kayle Peterson 22:57.

Women's NCAA West Regionals, Blue Lake Park, Portland, Ore. (6,000m)

November 11, 2006

Women's Top Team Results: 1. Stanford 42; 2. UC Santa Barbara 72; 3. Arizona State 83; 4. Washington 140; 5. UCLA 170; 6. Oregon 177; 7. Portland 256; 8. UC Irvine 264; 9. Washington State 275; 10. Arizona 309.

Top Five Individuals: 1. Arianna Lambie (Stanford) 20:58.85; 2. Kathleen Trotter (Stanford) 21:12.19; 3. Laura Olvera (UC Irvine) 21:16.20; 4. Amanda Trotter (Stanford) 21:16.88; 5. Lauren Christman (UC Santa Barbara) 21:17.50.

WSU Results: 18. Haley Paul 21:52.16; 52. Collier Lawrence 22:44.77; 70. Isley Gonzalez 23:09.16; 71. Lisa Egami 23:09.63; 72. Sara Trané 23:11.90; 83. Chelsea VanDeBrake 23:24.86.

WOMEN'S CROSS COUNTRY HISTORY

WSU's NCAA Cross Country

COMPETITORS

<i>Year</i>	<i>Site</i>	<i>Name</i>	<i>Finish</i>
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
2005	Terre Haute	Haley Paul	14

WSU's Pacific-10

INDIVIDUAL CHAMPIONS

<i>Year</i>	<i>Name</i>
1989	Jennifer Robertson Bravard

WSU's Pacific-10 Cross Country

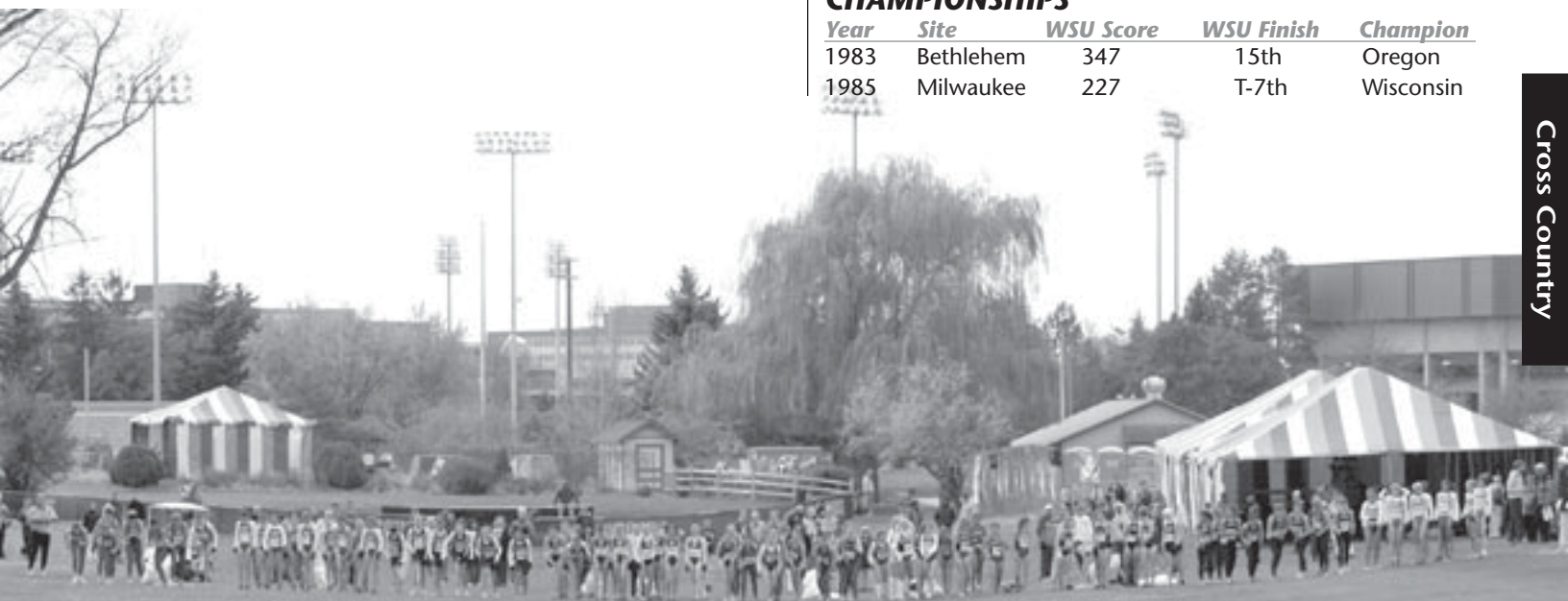
ATHLETE OF THE YEAR

<i>Year</i>	<i>Name</i>
1989	Jennifer Robertson Bravard

NCAA Cross Country

CHAMPIONSHIPS

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



2003 Pac-10 Cross Country Championships at Pullman.

WOMEN'S CROSS COUNTRY

WSU's Cross Country

ALL-AMERICANS

Year	Name
1998	Megan Maynard
2001	Everlyne Lagat
2005	Haley Paul

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
2004	Ana Cabrera
2005	Haley Paul
2006	Kelly Ramirez

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
2004	San Francisco	5th	Stanford
2005	Tucson	5th	Stanford
2006	Stanford	6th	Stanford

