

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.

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 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.



COUGAR

CROSS COUNTRY

WOMEN'S CROSS COUNTRY

2004 Washington State Women's Cross Country Results



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

September 3, 2004

Women's Team Results: WSU 25, Eastern Washington 30; Idaho 15, WSU 48; Gonzaga 24, WSU 33.

Top Five Individuals: 1. Letiwe Marakurwa (Idaho) 14:15.80; 2. Mary Kamau (Idaho) 14:39.40; 3. Tania Vander Meulen (Idaho) 14:44.20; 4. Isley Gonzalez (unattached) 14:46.70; 5. Mandy Macalister (Idaho) 14:14.70.

WSU Results: 4. Isley Gonzalez (unattached) 14:46.70; 6. Haley Paul (unattached) 14:49.20; 7. Collier Lawrence (unattached) 14:50.84; 9. Kelly Ramirez (unattached) 15:02.70; 12. Molly Bull 15:13.30; 13. Ana Cabrera 15:14.80; 14. Natalie Smith (unattached) 15:21.43; 16. Meghan Leonard (unattached) 15:27.10; 18. Kayle Peterson (unattached) 15:33.60; 19. Grace Coulter (unattached) 15:35.00; 21. Karen DeMartini (unattached) 15:37.50; 24. Lisa Waananen (unattached) 15:49.30; 31. Eileen Morley 16:15.90; 33. Julia Corbett 16:20.30; 34. Hailey Young (unattached) 16:50.00; 36. Molly Carmody (unattached) 17:20.90; 43. Michelle DeCoursey (unattached) 17:51.30; 49. Jennifer Kronvall (unattached) 18:46.20.

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

September 18, 2004

Women's Top Team Results: 1. Idaho 40; 2. Washington 54; 3. Portland 113; 4. Willamette 154; 5. San Francisco 154; 6. Boise State 156; 7. Oregon State 165; 8. Portland State 177; 9. Eastern Washington 199; 10. Washington State 255.

Top Five Individuals: 1. Sabrina Monro (Club Northwest) 20:09.97; 2. Alison Rendell (Kajaks T&F) 21:19.28; 3. Karen Dickson (Seattle Pacific) 21:20.05; 4. Jeannine Hagedorn (San Francisco) 21:21.24; 5. Angela Wishaar (Washington) 21:27.73.

WSU Results: 38. Kayle Peterson (unattached) 22:34.56; 49. Meghan Leonard (unattached) 22:49.26; 50. Katie Troy 22:55.36; 66. Karen DeMartini 23:15.69; 77. Grace Coulter 23:32.67; 84. Eileen Morley 23:56.31; 87. Julia Corbett 24:01.15; 100. Haley Young (unattached) 24:33.94; 114. Michelle DeCoursey 26:21.62.

Roy Griak Cross Country Invitational (Les Bolstad Golf Course, Minneapolis, Minn., 6,000m)

September 25, 2004

Women's Top Team Results: 1. Providence 58; 2. Arizona State 81; 3. UC Santa Barbara 145; 4. Baylor 169; 5. Arkansas 189; 6. Butler 199; 7. West Virginia 213; 8. Texas Tech 254; 9. Penn State 282; 10. Colorado State 292. 16. Washington State 460.

Top Five Individuals: 1. Kim Smith (Providence) 20:10; 2. Missy Buttry (Wartburg) 20:33; 3. Amy Hastings (Arizona State) 20:41; 4. Mary Cullen (Providence) 20:48; 5. Megan Metcalfe (West Virginia) 20:55.

WSU Results: 66. Haley Paul 22:39; 78. Ana Cabrera 22:52; 104. Natalie Smith 23:10; 117. Kelly Ramirez 23:18; 125. Collier Lawrence 23:24; 126. Molly Bull 23:24; 172. Katie Troy 23:56; 227. Karen DeMartini 24:40.

Runner's Edge Montana Invitational (University Golf Course, Missoula, Mont., 6,000m)

October 2, 2004.

Women's Team Results: Montana 20, WSU 35; Weber State 17, WSU 38; Montana State 23, WSU 32.

Top Five Individuals: 1. Asheley Hadway (Montana State) 22:12; 2. Kayle Peterson (Unattached) 22:17; 3. Sariah St. Laurent (Weber State) 22:18; 4. Allie Brosh (Montana) 22:29; 5. Lindsey Anderson (Weber State) 22:33.

WSU Results: 2. Kayle Peterson (unattached) 22:17; 7. Collier Lawrence 22:50; 14. Molly Bull 23:21; 17. Meghan Leonard (unattached) 23:30; 30. Julia Corbett 24:23; 33. Eileen Morley 24:39; 37. Michelle DeCoursey 27:01.

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

October 16, 2004

Women's Blue Race Top Team Results: 1. Stanford 49; 2. Notre Dame 111; 3. North Carolina 129; 4. Missouri 174; 5. Brigham Young 192; 6. Georgia 261; 7. Princeton 305; 8. Indiana 309; 9. Idaho 339; 10. UCLA 344. 28. Washington State 725.

Top Five Individuals: 1. Alicia Craig (Stanford) 20:20.4; 2. Carol Henry (North Carolina) 20:23.6; 3. Molly Huddle (Notre Dame) 20:29.3; 4. Laura Turner (Brigham Young) 20:30.7; 5. Erin Donohue (North Carolina) 20:36.9.

WSU Results: 112. Haley Paul 22:17; 134. Kayle Peterson 22:28; 138. Ana Cabrera 22:32; 160. Collier Lawrence 22:44; 181. Isley Gonzalez 22:57; 191. Natalie Smith 23:03; 209. Molly Bull 23:18.

Women's Open Race Top Five

Individuals: 1. Emmily Chelanga (Iona) 21:35.2; 2. Kristina Roth (North Carolina State) 21:36.6; 3. Julie Allen (Stanford) 21:38.8; 4. Arianne Field (Michigan) 21:56.3; 5. Ashley Ankham (Drake) 21:57.8.

WSU Results: 76. Katie Troy 23:27.0

Head Coach Jason Drake



WOMEN'S CROSS COUNTRY

EWU Cross Country Invitational (EWU Sport and Recreation Center, Cheney, Wash., 5,000m)

October 16, 2004

Women's Team Results: 1. University of Calgary 33; 2. Oregon State 47; 3. Portland State 73; 4. Gonzaga 99; 4. EWU 99; 6. Montana 175.

Top Five Individuals: 1. Shannon Slater-Popowich (University of Calgary) 18:31.7; 2. Ashley Younce (Oregon State) 18:48.6; 3. Jill Semenza (Gonzaga) 19:06.4; 4. Kaitlin Poggi (Oregon State) 19:12.7; 5. Renee Kaylor (University of Calgary) 19:15.0.

WSU Results: 13. Lisa Wannanen (unattached) 19:58; 21. Meghan Leonard (unattached) 20:11; 23. Hailey Young (unattached) 20:13; 30. Karen DeMartini 20:29; 38 Julia Corbett 20:46; 39. Eileen Morley 20:48; 54. Michelle DeCoursey.

Pac-10 Cross Country Championships (Golden Gate Park, San Francisco, Calif., 6,000m)

October 30, 2004

Women's Race Top Team Results: 1. Stanford 30; 2. Arizona State 47; 3. Washington 100; 4. UCLA 102; 5. Washington State 171; 6. Arizona 180; 7. Oregon 182; 8. USC 233; 9. California 237; 10. Oregon State 238.

Top Five Individuals: 1. Amy Hastings (Arizona State) 20:19; 2. Alicia Craig (Stanford) 20:26; 3. Anita Siraki (Stanford) 20:46; 4. Laura Harmon (Oregon) 20:56; 5. Desiree Davila (Arizona State) 21:00.

WSU Results: 24. Haley Paul 21:50; 27. Kayle Peterson 21:54; 42. Ana Cabrera 22:26; 44. Molly Bull 22:31; 49. Natalie Smith 22:41; 50. Kelly Ramirez 22:44; 61. Collier Lawrence 22:56; 63. Katie Troy 22:59; 73. Isley Gonzalez 23:26; 81. Karen DeMartini 24:00.

NCAA West Regionals (Woodward Park, Fresno, Calif., 6,000m)

November 13, 2004

Women's Top Team Results: 1. Stanford 29; 2. Arizona State 45; 3. UC Santa Barbara 92; 4. Idaho 140; 5. Washington 143; 6. UCLA 151; 7. Arizona 245; 8. Oregon 272; 9. Cal Poly 278; 10. Washington State 320.

Top Five Individuals: 1. Alicia Craig (Stanford) 20:03; 2. Amy Hastings (Arizona State) 20:14; 3. Anita Siraki (Stanford) 20:17; 4. Desi Davila (Arizona State) 20:36; 5. Teresa McWalters (Stanford) 20:37.

WSU Results: 54. Haley Paul 21:59; 56. Kayle Peterson 22:00; 69. Collier Lawrence 22:19; 77. Molly Bull 22:26; 91. Ana Cabrera 22:38; 104. Natalie Smith 22:53; 132. Kelly Ramirez 23:22.

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

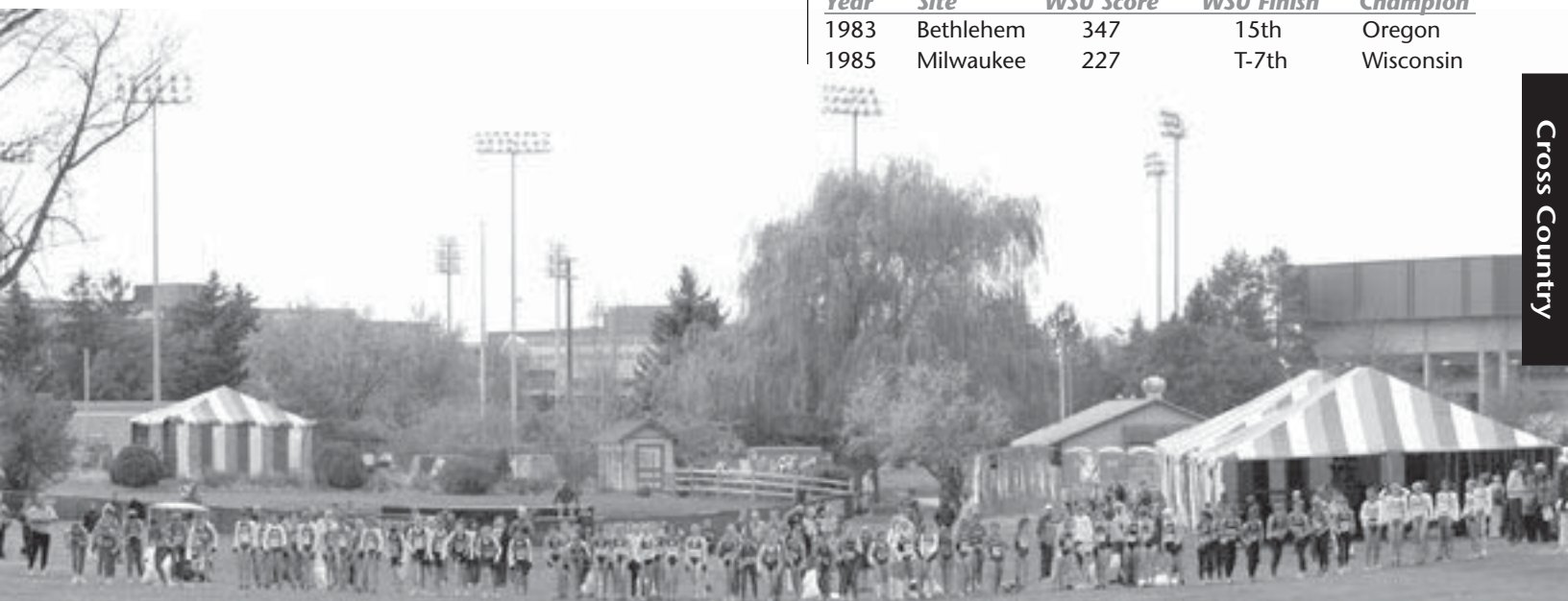
ATHLETE OF THE YEAR

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



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

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

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



MEN'S CROSS COUNTRY



2004 Washington State Men's Cross Country Results

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

September 3, 2004

Men's Team Results: WSU 18, Idaho 37; WSU 25, GU 32; WSU 24, EWU 33.

Top Five Individuals: 1. Alex Grant (unattached) 20:20.80; 2. John Butkey (CCC) 20:27.70; 3. Brandon Reiff (unattached) 20:29.90; 4. Andrew Jones (unattached) 20:33.30; 5. Ryan Freimuth (WSU) 20:34.20.

WSU Results: 1. Alex Grant (unattached) 20:20.80; 4. Andrew Jones (unattached) 20:33.30; 5. Ryan Freimuth 20:34.20; 6. C.J. Godfrey (unattached) 20:37.60; 8. Chris Concha 20:38.40; 9. Woody Favinger (unattached) 20:40.60; 10. Drew Polley (unattached) 20:42.20; 11. Chris Williams (unattached) 20:44.60; 13. Matt Knoff (unattached) 20:51.70; 14. Daniel Frederick 20:57.40; 15. Geoff Casazza 21:00.80; 19. Justin Ireland (unattached) 21:12.60; 37. Phil Hinrichs (unattached) 22:03.90; 38. Gary Walsh (unattached) 22:09.70; 39. Jon Manthey 22:30.70; 43. Justin Chambers (unattached) 22:46.50.

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

September 18, 2003

Men's Top Team Results: 1. Washington 29; 2. Calvin College 78; 3. Portland State 110; 4. Club Northwest 133; 5. Eastern Washington 164; 6. Willamette 174; 7. Idaho 185; 8. San Francisco 188; 9. Seattle Running Club 190; 10. Boise State 231.

Top Five Individuals: 1. Mark Mandi (Washington) 24:05.40; 2. Uli Steidl (Seattle RC) 24:15.92; 3. Jon Hickey (Washington) 24:20.12; 4. Andy Fader (Washington) 24:20.64; 5. Forest Braden (Boise State) 24:21.12.

WSU Results: 38. Woody Favinger (unattached) 25:16.88; 39. Leif Kohler (unattached) 25:20.33; 40. Justin Ireland (unattached) 25:21.86; 86. Jon Manthey 26:53.83; 88. C.J. Godfrey (unattached) 27:03.60; 94. Gary Walsh (unattached) 27:34.76.

Roy Griak Cross Country Invitational (Les Bolstad Golf Course, Minneapolis, Minn., 8,000m)

September 25, 2004

Men's Top Team Results: 1. Wisconsin 21; 2. Butler 102; 3. Arizona State 116; 4. Minnesota 180; 5. Providence 184; 6. Colorado State 206; 7. Ohio State 228; 8. Iowa 235; 9. Duke 241; 10. Kansas 283; 11. Washington State 287.

Top Five Individuals: 1. Matt Tegencamp (Wisconsin) 24:02; 2. Simon Bairu (Wisconsin) 24:07; 3. Chris Solinsky (Wisconsin) 24:11; 4. Aaron Aguayo (Arizona State) 24:13; 5. Robert Cheseret (Arizona) 24:14.

WSU Results: 32. Mike Heidt 25:11; 43. Danny Wolf 25:23; 59. Alex Grant 25:36; 75. Matt Knoff 25:54; 84. Ryan Freimuth 25:59; 107. Andrew Jones 26:19; 109. Daniel Frederick 26:19; 127. Geoff Casazza 26:35; 128. Chris Concha 26:36.

Runner's Edge Montana Invitational (University Golf Course, Missoula, Mont., 8,000m)

October 2, 2004.

Men's Team Results: Montana 23, EWU 32; Montana State 22, Weber State 33; Weber State 21, Montana 34; Montana State 18, Montana 37.

Top Five Individuals: 1. Jonathan Gibson (Montana State) 24:37; 2. Brandon Fuller (EWU) 24:46; 3. Keven Clary (Montana State) 24:51; 4. Nate Long (Weber State) 24:59; 5. Joshua Ricardi (Montana State) 25:01.

WSU Results: 9. Andrew Jones 25:22; 17. Leif Kohler (unattached) 25:47; 20. Justin Ireland (unattached) 25:58; 23. Geoff Casazza 26:16; 39. Jonathan Manthey 28:11.

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

October 16, 2004

Men's Blue Race Top Team Results: 1. Colorado 63; 2. Cal Poly - SLO 165; 3. Georgetown 172; 4. Arizona State 176; 5. Air Force 216; 6. Indiana 235; 7. Butler 257; 8. Iona 265; 9. Florida 329; 10. New Mexico 344. 20. Washington State 456.

Top Five Individuals: 1. Matt Gonzales (New Mexico) 23:47.2; 2. Brent Vaughn (Colorado) 23:48.1; 3. Benson Chesang (Kansas) 23:54.6; 4. Bret Schoolmeester (Colorado) 23:57.5; 5. Sean Jefferson (Indiana) 24:10.4.

WSU Results: 19. Danny Wolf 24:30; 27. Mike Heidt 24:35; 120. Andrew Jones 25:26; 132. Alex Grant 25:31; 158. Ryan Freimuth 25:48; 199. Daniel Frederick; 215. Matt Knoff 26:36.

Men's Open Race Top Five Individuals: 1. Josh McAdams (Brigham Young) 24:49.9; 2. David Vidal (Stanford) 24:51.1; 3. Lauren Jespersen (Stanford) 24:56.6; 4. Payton Batliner (Colorado) 24:59.0; 5. Austin Baillie (Colorado) 25:01.0.

WSU Results: 61. Chris Concha 26:08.2.



MEN'S CROSS COUNTRY

EWU Cross Country Invitational (EWU Sport and Recreation Center, Cheney, Wash., 8,000m)

October 16, 2004

Men's Team Results: 1. Portland State 27; 2. EWU 65; 3. Gonzaga 71; 4. University of Calgary 86; 5. Idaho 133; 6. Montana 181.

Top Five Individuals: 1. Nathan Kendrick (unattached) 25:30.7; 2. Michael Davenport (Portland State) 25:36.8; 3. Scott McGowan (unattached) 25:38.9; 4. Joe Miller (Gonzaga) 25:39.5; 5. Geoff Kerr (University of Calgary) 25:53.7.

WSU Results: 6. Drew Polley (unattached) 26:02.7; 10. Geoff Casazza 26:26.3; 11. Justin Ireland (unattached) 26:27.7; 13. Woody Favinger (unattached) 26:33.5; 31. Phil Hinrichs (unattached) 27:36.1; 50. Justin Chambers (unattached) 29:14.8; 51. Gary Walsh (unattached) 29:15.8; Jonathan Manthey DNF.

Pac-10 Cross Country Championships (Golden Gate Park, San Francisco, Calif., 8,000m)

October 30, 2004

Men's Race Top Team Results: 1. Stanford 37; 2. Arizona State 64; 3. Oregon 105; 4. Washington 116; 5. UCLA 118; 6. Arizona 138; 7. Washington State 140; 8. California 199.

Top Five Individuals: 1. Robert Cheseret (Arizona) 23:48; 2. Ryan Hall (Stanford) 23:48; 3. Aaron Aguayo (Arizona State) 24:12; 4. Jacob Gomez (Stanford) 24:28; 5. Jon Rakin (UCLA) 24:31.

WSU Results: 9. Danny Wolf 24:43; 29. Mike Heidt 25:22; 31. Alex Grant 25:29; 32. Andrew Jones 25:29; 43. Ryan Freimuth 24:49; 47. Daniel Frederick 26:00; 53. Geoff Casazza 26:14; 56. Chris Concha 26:18; 58. Matt Knoff 26:21.

NCAA West Regionals (Woodward Park, Fresno, Calif., 10,000m)

November 13, 2004

Men's Top Team Results: 1. Stanford 49; 2. Arizona State 68; 3. Cal Poly 86; 4. UCLA 114; 5. Portland 140; 6. Oregon 196; 7. Washington 209; 8. Arizona 213; 9. Washington State 253; 10. UC Santa Barbara 263.

Top Five Individuals: 1. Ryan Hall (Stanford) 30:07; 2. Robert Cheseret (Arizona) 30:12; 3. Neff Araia (Stanford) 30:16; 4. Aaron Aguayo (Arizona State) 30:23; 5. Forest Braden (Bosie State) 30:28.

WSU Results: 41. Danny Wolf 31:37; 43. Andrew Jones 31:40; 59. Mike Heidt 32:07; 62. Alex Grant 32:09; 63. Ryan Freimuth 32:11; 88. Daniel Frederick 32:58; 107. Geoff Casazza 33:37.

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

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

