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2004 Great Northwest Athletic Conference Cross Country Championships

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2004 Great Northwest Athletic Conference Cross Country Championships

Oct. 23, 2004 at McKinleyville, Calif.

Men's Team Scores – Seattle Pacific 71, Alaska Anchorage 80, Western Washington 95, Western Oregon 97, Humboldt State 116, Northwest Nazarene 121, Central Washington 161, Saint Martin's 187, Seattle 218, Alaska Fairbanks 263. **Outstanding Athlete** – Tim LeCount, Seattle Pacific. **Newcomer-of-the-Year** – Doug Gibson, Seattle Pacific. **Freshman-of-the-Year** – Keever Henry, Western Washington. **Coach-of-the-Year** – Doris Heritage, SPU.

Women's Team Scores – Central Washington 67, Seattle Pacific 74, Alaska Anchorage 98, Seattle 104, Western Washington 123, Humboldt State 130, Western Oregon 151, Saint Martin's 203, Northwest Nazarene 220, Alaska Fairbanks 265. **Outstanding Athlete** – Karen Dickson, SPU. **Newcomer-of-the-Year** – Megan McDrew, HSU. **Freshman-of-the-Year** – Karin Rohde, SPU. **Coach-of-the-Year** – Michael Friess, UAA.

Men (8,000 Meters)

1. Tim LeCount, SPU	25:58
2. Brian Kostock, HSU	26:11
3. Ethan Barrons, WOU	26:12
4. Jasper Peach, HSU	26:27
5. Andy Prentice, SMC	26:39
6. Sam Scotchmer, CWU	26:40
7. Bjorn Bostrom, SPU	26:42
8. Sam Brancheau, WWU	26:45
9. Chase Wells, WOU	26:48
10. Keever Henry, WWU	26:49
11. Jake Hotchkiss, NNU	26:50
12. Zach Dwello, NNU	26:51
13. Brandon Stum, UAA	26:52
14. Leif Olson, UAA	26:52
15. Brian Cronrath, SPU	26:52
16. Nate Normandin, UAA	26:54
17. Mike Stewart, WWU	26:55
18. Brent Knight, UAA	26:56
19. Aaron Dickson, UAA	27:00
20. Brad Brolin, WOU	27:01
21. Andy Peters, NNU	27:03
22. Erik Wickstrom, UAF	27:05
23. Paul Mach, SPU	27:08
24. Logan Senrud, WWU	27:12
25. Doug Gibson, SPU	27:13
26. Matt DeShazo, HSU	27:16
27. Noe Castellon, SMC	27:20
28. Eddie Strickler, SPU	27:23
29. Drew Dickson, UAA	27:24
30. Tyler Layne, NNU	27:27
31. Jerret Mantalas, WOU	27:28
32. Nicholas Dols, SU	27:30
33. Michael Hughes, SU	27:33
34. Nick Crawford, WOU	27:35
35. Matt Schmitt, CWU	27:36
36. Jake Haskins, WWU	27:37
37. Geoff Anderson, CWU	27:37
38. Andrew Chong, HSU	27:40
39. Andrew Lybarger, SU	27:46
40. Ty Schepler, WWU	27:47
41. Phil Paul, CWU	27:49
42. Danny Weiser, CWU	27:54
43. Spencer Walsh, WOU	27:56
44. Brent Christensen, SMC	28:01
45. Matt Cook, CWU	28:02
46. Chris Binschus, HSU	28:05
47. Kevin Lambert, NNU	28:08
48. Dan Ferguson, CWU	28:10
49. Peter Ellis, WWU	28:11
50. James Rosser, SPU	28:11
51. Felipe Jasso, WOU	28:14
52. Jonas Tettie, UAF	28:15
53. Brian Rockenbach, CWU	28:19
54. Seth Woods, SMC	28:22
55. Nathan Heitzinger, SU	28:23
56. Matt Crabtree, WWU	28:24

57. Jesus Cisneros, HSU	28:27
58. Mike Pankiewicz, CWU	28:30
59. Jed Kallen-Brown, UAF	28:35
60. Tim Keller, NNU	28:36
61. Steve Lehman, CWU	28:38
62. Robbie Wilbur, SMC	28:39
63. Benjamin Sonntag, UAA	28:40
64. Lucas Franco, SU	28:44
65. Casey Barten, WWU	28:05
66. Ryan Tuss, HSU	29:09
67. Richard Franck, SU	29:13
68. Ehren Ching, SMC	29:40
69. Steven La Londe, SMC	29:41
70. Tris O'Bluck, SMC	29:43
71. Brian Albers, HSU	29:51
72. Troy Banker, WOU	30:08
73. Laurence Graham, NNU	30:37
74. Cary Costa, WOU	30:42
75. Daniel Slakey, UAF	30:57
76. Caleb Timmer, SMC	31:14
77. Marius Korhauer, UAF	31:27
78. Bjorn Samson, HSU	35:14

Women (6,000 Meters)

1. Karen Dickson, SPU	22:28.02
2. Laura Trevellyan, WWU	23:05.87
3. Kelly Fullerton, SU	23:26.54
4. Brandy Anderson, CWU	23:49.22
5. Mandy Kaempf, UAA	23:54.00
6. Alana Garcia, SU	23:54.28
7. Karin Rohde, SPU	23:57.08
8. Becky Knox, SPU	24:03.55
9. Stephanie Stine, CWU	24:13.43
10. Nicole Campbell, HSU	24:16.98
11. Leah Trutna, WOU	24:24.61
12. Davya Baker, UAA	24:28.19
13. Stephanie Upshaw, WOU	24:29.24
14. Megan McDrew, HSU	24:30.89
15. Rachel Bailey, CWU	24:33.85
16. Meghan Salvesson, SU	24:36.64
17. Kamie Jo Massey, UAA	24:37.86
18. Sarah Benson, CWU	24:39.33
19. Nicole DeYong, UAA	24:49.78
20. Sara Thon, WWU	24:52.15
21. Amber Green, CWU	24:54.65
22. Emily Picinich, CWU	25:02.93
23. Lindy Mullen, CWU	25:04.26
24. Kari Konrad, WOU	25:08.09
25. Heather Moulton, HSU	25:08.75
26. Janelle Probst, SMC	25:10.04
27. Tracy Kuhn, SPU	25:15.02
28. Susan Young, NNU	25:18.54
29. Molly DePasqual, WWU	25:22.40
30. Marcie Mullen, CWU	25:25.82
31. Sadie Solem, HSU	25:29.33
32. Kaitlin Rohde, SPU	25:32.93
33. Diana Heimerl, UAF	25:33.34

34. Ann McCanick, SMC	25:34.41
35. Rachael Bates, WWU	25:35.55
36. Rebecca Mishler, NNU	25:38.58
37. Nikki Jensen, SPU	25:40.31
38. Kristie Rice, SU	25:42.28
39. Andrea Ring, CWU	25:42.85
40. Katie Witrock, WWU	25:45.29
41. Jessie Dunnam, SMC	25:45.96
42. Beth Rosapepe, WWU	25:48.98
43. Kristin Haas, WWU	25:49.98
44. Stephanie Haydon, WWU	25:53.09
45. Rachel Suess, SU	26:00.13
46. Emily Ferguson, SU	26:04.37
47. Lindsey Graham, NNU	26:05.78
48. Katrina Schwerdtfeger, WWU	26:08.47
49. Stephanie Myers, UAA	26:10.51
50. Annie MacLennan, SU	26:11.75
51. Erica Pitman, CWU	26:12.13
52. Brandi McCoy, SPU	26:12.38
53. Nikki D'Amico, WWU	26:12.91
54. Sarah Brundidge, SU	26:17.31
55. Vanessa Santana, UAF	26:21.12
56. Lydia Lauer, SU	26:24.95
57. Kayla Castaneda, WOU	26:28.13
58. Holly Mishler, NNU	26:33.64
59. Betsy Peterson, HSU	26:42.14
60. Nicole Beatty, SMC	26:44.25
61. Kaleigh Bishop, SMC	26:46.67
62. Aleisha Rosse, WOU	26:47.58
63. Jennifer Smith, WOU	26:49.00
64. Phoebe Rohrbacher, SU	26:51.51
65. Stacie Wells, WOU	26:52.75
66. Anjuli Haydu, UAA	26:59.13
67. Danielle Pratt, UAA	27:08.19
68. Heidi Rader, UAF	27:15.22
69. Jessica Rendon, HSU	27:18.66
70. Katherine Smith, HSU	27:28.46
71. Rachel Daniels, WOU	27:50.87
72. Alexis Hansen, UAF	27:52.20
73. Jessica Wiggins, NNU	27:54.32
74. Jackie Piombo, HSU	28:13.55
75. Melissa Snelling, WOU	28:53.87
76. Krynne Finstad, UAF	28:55.30
77. Jami Epley, NNU	29:18.63
78. Jen Peterson, WOU	29:31.53
79. Tara Robinson, NNU	29:39.31
80. Andrea Lovio, HSU	29:56.50
81. Mo Driscoll, SMC	30:18.21
82. Katelynn Blume, SMC	30:20.20