



STANFORD MEDIA RELATIONS



Arrillaga Family Sports Center • Stanford, California 94305-6150
Telephone (650) 723-4418 • FAX (650) 725-2957 • www.gostanford.com

2006 Stanford Cardinal Cross Country Results

Sept. 3, 2005 - Aggie Open (Davis, CA)

Men's Team Results (10 teams)

1. **Stanford 24**; 2. UC Davis 38; 3. California 65; 4. San Jose State 118; 5. Notre Dame de Namur 127; 6. Cal State Monterey Bay 183; 7. Las Positas College 214; 8. William Jessup University 225; 9. Cal State East Bay 226; 10. Saint Mary's College 243

Men's Individual Results (8,000 meters, 81 runners)

1. Russell Brown, Stanford	25:04.6
2. Rolf Steier, Stanford	25:05.1
3. Chris Ferren-Cirino, UC Davis	25:09.1
4. KC Cody, UC Davis	25:28.0
5. Jorge Murillo, UC Davis	25:33.5
6. Lauren Jespersen, Stanford	25:41.4
7. Forrest Tahdooahnippah, Stanford	25:59.0
8. Joaquin Chapa, Stanford	26:06.9
9. Steve Sodaro, California	26:12.3
10. Matt Miller, California	26:17.2

Women's Team Results (12 teams)

1. California 37; 2. **Stanford 47**; 3. San Jose State A 65; 4. UC Davis 72; 5. Saint Mary's College 175; 6. Sonoma State 193; 7. San Jose State B 195; 8. Pacific 221; 9. Notre Dame de Namur 235; 10. Cal State East Bay 260

Women's Individual Results (5,000 meters, 99 runners)

1. Tiffany Hall, San Jose State A	18:09.8
2. Rebecca Yau, California	18:13.7
3. Bridget Duffy, California	18:20.0
4. Alicia Follmar, Stanford	18:33.6
5. Katie Harrington, Stanford	18:33.8
6. Lindsay Allen, Stanford	18:34.1
7. Mary Liz McCurdy, Stanford	18:49.1
8. Alison Greggor, California	18:55.4
9. Erica Shali, San Jose State A	18:58.0
10. Lorin Scott, UC Davis	19:03.0

Other Stanford Runners: 27. Kaylin Pennington 19:43.4; 29. Leah Sawyer 19:51.2;

Sept. 30 - Stanford Invitational (Stanford, CA)

Men's Long Course Team Results (19 teams)

1. **Stanford 42**; 2. Santa Barbara 56; 3. Chico State 79; 4. California 113; 5. UC Irvine 127; 6. New Mexico 181; 7. Long Beach State 186; 8. CS Fullerton 267; 9. Sacramento State 293; 10. CMS 297

Men's Individual Results (8,000 meters, 223 runners)

1. Neftalem Araia, Stanford	23:31
2. Scotty Bauhs, Chico State	23:36
3. Jeremy Johnson, New Mexico	23:40
4. Mike Chavez, Santa Barbara	23:45
5. Jonathan Pierce, Stanford	23:46
6. Ricky Barnes, UC Irvine	23:47
7. David Torrence, California	23:49
8. Chris Ashley, Santa Barbara	23:50
9. Hari Mix, Stanford	23:53
10. JD Krawczyck, Santa Barbara	23:55

Other Stanford Runners: 50. John McGuire 25:17

Men's Short Course Team Results (7 teams)

1. **Stanford 15**; 2. Loyala Marymount 83; 3. Fresno State 86; 4. SF State 86; 5. Santa Ana College 107; 6. Long Beach City 119; 7. Menlo College 179

Men's Individual Results (4,000 meters, 60 runners)

1. Alex Greenburg, Stanford	12:22
2. Joaquin Chapa, Stanford	12:22
3. Jacob Evans, Stanford	12:29
4. Chris Mocko, Stanford	12:29
5. Kevin Bickham, Stanford	12:32
6. Josh Babiak, SF State	12:41
7. Cameron Pagett, Loyal Marymount	13:12
8. Brandon Geis, Fresno State	13:17
9. Cody Holton, Santa Ana College	13:19
10. Frank Sanders, Fresno State	13:20

Sept. 30 - Stanford Invitational (Stanford, CA)

Women's Long Course Team Results (17 teams)

1. **Stanford 24**; 2. UC Irvine 115; 3. Harding 116; 4. Long Beach State 120; 5. California 157; 6. New Mexico 164; T7. Loyola Marymount 182; T7. Chico State 182; 9. Navy 184; 10. CS Fullerton 194

Women's Individual Results (6,000 meters, 124 runners)

1. **Arianna Lambie, Stanford 20:13**
2. **Katy Trotter, Stanford 20:19**
3. Laura Mickelson, Loyola Marymount 20:22
4. **Amanda Trotter, Stanford 20:27**
5. Sara Mickelson, UC Irvine 20:34
6. Laura Olvera, UC Irvine 20:35
7. Timmie Murphy, New Mexico 20:40
8. **Lindsay Flacks, Stanford 20:41**
9. **Katie Harrington, Stanford 20:44**
10. **Alicia Follmar, Stanford 20:45**

Women's Short Course Team Results (10 teams)

1. **Stanford 33**; 2. Simon Fraser; 3. Cal Poly SLO 73; 4. Texas-San Antonio 103; 5. Navy 105; 6. Loyola Marymount 199; 7. Hawai'i-Hilo 209; 8. Pacific 234; 9. Long Beach State 235; 10. Fresno State 238

Women's Individual Results (4,000 meters, 80 runners)

1. **Lindsay Allen, Stanford 14:21**
2. Kristen Kolstad, Simon Fraser 14:23
3. **Kaylin Pennington, Stanford 14:24**
4. Rebecca Johnstone, Simon Fraser 14:28
5. **Mary Liz McCurdy, Stanford 14:33**
6. Meredith MacGregor, Simon Fraser 14:35
7. **Leah Sawyer, Stanford 14:51**
8. Kimberly Donatelli, Cal Poly SLO 14:56
9. Alyssa Daw, Cal Poly SLO 14:59
10. Alison Hudson, Simon Fraser 15:05
Other Stanford Runners: 17. Maddie O'Meara 15:24

Oct. 14 - Pre-NCAA Invitational (Terre Haute, IN)

Men's White Race Team Results (36 teams)

1. Iona 100; 2. **Stanford 106**; 3. Florida 217; 4. Notre Dame 255; 5. Iowa 270; 6. Kansas 277; 7. Michigan 285; 8. Cal Poly 287; 9. BYU 295; 10. Washington 300

Men's Individual Results (8,000 meters, 246 runners)

1. Josh McDougal, Liberty 23:14.0
2. Joseph Lomong, Northern Arizona 23:18.7
3. Jacob Korir, Eastern Kentucky 23:24.5
4. **Neftalem Araia, Stanford 23:29.4**
5. Forest Braden, Boise State 23:38.5
6. Micah Vandenend, Iowa 23:39.4
7. Kurt Benninger, Notre Dame 23:40.5
8. Abraham Ng'eitch, Iona 23:41.9
9. Mohamed Khadroui, Iona 23:44.6
10. Jan Foerster, Virginia 23:44.6

Other Stanford Runners: 18. Garrett Heath 24:00; 19. Brett Gotcher 24:02; 28. Hari Mix 24:09; 37. Jacob Gomez; 51. Jonathan Pierce 24:30; 59. Russell Brown 24:32

Men's Open Race: 2. Hakon DeVries 24:27; 3. John McGuire 24:40; 6. Steven Duplinsky 24:50

Women's Blue Race Team Results (37 teams)

1. **Stanford 45**; 2. Minnesota 200; 3. Arizona State 224; 4. BYU 242; 5. Providence 247; 6. Michigan State 255; 7. Florida State 268; 8. Florida 316; 9. Princeton 336; 10. 346

Women's Individual Results (6,000 meters, 245 runners)

1. Michelle Sikes, Wake Forest 20:16.4
2. **Arianna Lambie, Stanford 20:20.0**
3. Kassi Andersen, BYU 20:22.1
4. **Teresa McWalters, Stanford 20:24.0**
5. **Amanda Trotter, Stanford 20:27.5**
6. Alissa McKaig, Michigan State 20:28.1
7. Jessica Gall, Indiana 20:29.0
8. **Katy Trotter, Stanford 20:31.1**
9. Emily Brown, Minnesota 20:31.5
10. Lindsay Donaldson, Yale 20:31.5

Other Stanford Runners: 26. Lindsay Flacks 20:49; 31. Alicia Follmar 20:52; 55. Katie Harrington 21:12

Women's Open Race: 1. Kate Niehaus 21:14; 3. Lauren Centrowitz 21:19; 104. Lindsay Allen 22:55

Oct. 28 - Pac-10 Championships (Stanford, CA)

Men's Team Results (8 teams)

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

Men's Individual Results (8,000 meters, 77 runners)

1. Galen Rupp, Oregon 23:03.1
2. Robert Cheseret, Arizona 23:10.9
3. Neftalem Araia, Stanford 23:15.4
4. Aaron Aguayo, Arizona State 23:20.4
5. Obed Mutanya, Arizona 23:23.3
6. Shadrack Kiptoo-Biwott, Oregon 23:28.9
7. Jeremy Mineau, Washington 23:34.7
8. Brett Gotcher, Stanford 23:35.7
9. Diego Mercado, Oregon 23:38.1
10. Kyle Alcorn, Arizona State 23:44.3

Other Stanford Runners: 13. Jonathan Pierce 23:47.7; 14. Jacob Gomez 23:49.6; 20. Forrest Tahdooahnippah 24:05.0; 21. Hakon DeVries 24:10.0; 22. Garrett Heath 24:13.1; 24. Steven Duplinsky 24:18.9; 33. John McGuire 24:31.2; 53. Hari Mix 25:02.0

Women's Team Results (10 teams)

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. USC 323

Women's Individual Results (6,000 meters, 91 runners)

1. Arianna Lambie, Stanford 20:15.1
2. Katy Trotter, Stanford 20:18.3
3. Amanda Trotter, Stanford 20:18.3
4. Teresa McWalters, Stanford 20:25.0
5. Cassie Rios, Arizona State 20:38.6
6. Amy Lia, Washington 20:44.9
7. Brooke Bennett, Arizona State 20:47.0
8. Allie Bohannan, UCLA 20:47.9
9. Anita Campbell, Washington 20:52.7
10. Jenna Kingma, Arizona State 20:59.4

Other Stanford Runners: 12. Lauren Centrowitz 21:05.4; 18. Alicia Follmar 21:20.9; 23. Mary Liz McCurdy 21:28.9; 43. Kate Niehaus 22:04.5; 48. Lindsay Allen 22:12.0

Nov. 11 - West Region Championships (Portland, OR)

Men's Team Results (25 teams)

1. Oregon 69; **2. Stanford 88**; 3. Portland 123; 4. Washington 139; 5. Arizona 156; 6. UCLA 167; 7. UCSB 170; 8. Washington State 201; 9. Cal Poly 220; 10. California 260

Men's Individual Results (10,000 meters, 164 runners)

1. Neftalem Araia, Stanford 30:05.8
2. Aaron Aguayo, Arizona State 30:13.6
3. Obed Mutanya, Arizona 30:14.6
4. Galen Rupp, Oregon 30:14.9
5. Jeremy Mineau, Washington 30:15.3
6. Forest Braden, Boise State 30:24.4
7. JD Krawczyk, UC Santa Barbara 30:28.1
8. Robert Cheseret, Arizona 30:31.4
9. John Moore, Portland 30:31.6
10. Mike Sayenko, Washington 30:33.5

Other Stanford Runners: 17. Forrest Tahdooahnippah 30:38.0; 18. Garrett Heath 30:38.5; 21. Hakon DeVries 30:54.1; 31. Jacob Gomez 31:12.6; 36. Jonathan Pierce 31:16.5; 55. Brett Gotcher 31:51.8.

Women's Team Results (30 teams)

1. Stanford 42; 2. UCSB 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

Women's Individual Results (6,000 meters, 199 runners)

1. Arianna Lambie, Stanford 20:58.8
2. Katy Trotter, Stanford 21:12.2
3. Laura Olvera, UC Irvine 21:16.2
4. Amanda Trotter, Stanford 21:16.8
5. Lauren Christman, UC Santa Barbara 21:17.5
6. Anita Campbell, Washington 21:18.5
7. Laura Mickelson, Loyola Marymount 21:19.6
8. Amy Lia, Washington 21:21.3
9. Jenna Kingma, Arizona State 21:25.2
10. Lindsay Christman, UC Santa Barbara 21:36.1

Other Stanford Runners: 13. Lindsay Flacks 21:42.3; 22. Alicia Follmar 22:03.9; 26. Kate Niehaus 22:08.5; 35. Lauren Centrowitz 22:25.0

Stanford Men's Individual Season Results**Neftalem Araia**

1. Stanford Invitational (9/30, 8,000m)	23:31
1. NCAA West Regional (11/11, 10,000m)	30:05.8
3. Pac-10 Championships (10/28, 8,000m)	23:15.4
4. Pre-NCAA Invite (10/14, 8,000m)	23:30

Kevin Bickham

5. Stanford Invitational (9/30, 6,000m)	12:32
13. Bronco Invitational (10/14, 8,000m)	25:03

Russell Brown

1. Aggie Open (9/9, 8,000m)	25:04.6
59. Pre-NCAA Invite (10/14, 8,000m)	24:32

Joaquin Chapa

2. Stanford Invitational (9/30, 6,000m)	12:22
10. Aggie Open (9/9, 8,000m)	26:06.9

Hakon DeVries

2. Pre-NCAA Open (10/14, 8,000m)	24:27
21. Pac-10 Championships (10/28, 8,000m)	24:10.0
21. NCAA West Regional (11/11, 10,000m)	30:54.1

Steven Duplinsky

6. Pre-NCAA Open (10/14, 8,000m)	24:50
24. Pac-10 Championships (10/18, 8,000m)	24:18.9

Jacob Evans

3. Stanford Invitational (9/30, 6,000m)	12:29
22. Bronco Invitational (10/14, 8,000m)	25:25

Eric Giddings

9. Bronco Invitational (10/14, 8,000m)	24:46
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Jacob Gomez

11. Stanford Invitational (9/30, 8,000m)	23:56
14. Pac-10 Championships (10/28, 8,000m)	23:47.7
31. NCAA West Regional (11/11, 10,000m)	31:12.5
37. Pre-NCAA Invite (10/14, 8,000m)	24:17

Brett Gotcher

8. Pac-10 Championships (10/28, 6,000m)	23:35.7
16. Stanford Invitational (9/30, 8,000m)	24:12
19. Pre-NCAA Invite (10/14, 8,000m)	24:02
55. NCAA West Regional (11/11, 10,000m)	31:51.8

Alex Greenburg

1. Stanford Invitational (9/30, 6,000m)	12:22
14. Bronco Invitational (10/14, 8,000m)	25:06

Garrett Heath

18. Pre-NCAA Invite (10/14, 8,000m)	24:00
18. NCAA West Region (11/11, 10,000m)	30:38.5
22. Pac-10 Championships (10/28, 8,000m)	24:13.1

Lauren Jespersen

5. Bronco Invitational (10/14, 8,000m)	24:35
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7. Aggie Open (9/9, 8,000m)	25:41.4
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John McGuire

3. Pre-NCAA Open (10/14, 8,000m)	24:40
33. Pac-10 Championships (10/28, 8,000m)	24:31.2
50. Stanford Invitational (9/30, 8,000m)	25:17

Hari Mix

9. Stanford Invitational (9/30, 8,000m)	23:53
28. Pre-NCAA Invite (10/14, 8,000m)	24:09
53. Pac-10 Championships (10/28, 8,000m)	25:02.0

Chris Mocko

4. Stanford Invitational (9/30, 6,000m)	12:29
12. Bronco Invitational (10/14, 8,000m)	24:59

Jonathan Pierce

5. Stanford Invitational (9/30, 8,000m)	23:46
13. Pac-10 Championships (10/28, 8,000m)	23:47.7
36. NCAA West Regional (11/11, 10,000m)	31:16.5
51. Pre-NCAA Invite (10/14, 8,000m)	24:30

Rolf Steier

2. Aggie Open (9/9, 8,000m)	25:05.1
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Forrest Tahdoohnippah

1. Bronco Invitational (10/14, 8,000m)	23:56
9. Aggie Open (9/9, 8,000m)	25:59.0
17. NCAA West Regional (11/11, 10,000m)	30:38.0
20. Pac-10 Championships (10/28, 8,000m)	24:04.0

Stanford Women's Individual Season Results

Lindsay Allen

1. Stanford Invitational (9/30, 4,000m)	14:21
6. Aggie Open (9/9; 5,000m)	18:34.1
48. Pac-10 Championships (10/28, 6,000m)	22:12.0
104. Pre-NCAA Open (10/14, 6,000m)	22:55

Lauren Centrowitz

3. Pre-NCAA Open (10/14, 6,000m)	21:19
12. Pac-10 Championships (10/28, 6,000m)	21:05.4
35. NCAA West Regional (11/11, 6,000m)	22:25.0

Lindsay Flacks

8. Stanford Invitational (9/30, 8,000m)	20:41
13. NCAA West Regional (11/11, 6,000m)	21:42.3
26. Pre-NCAA Invite (10/14, 6,000m)	20:49

Alicia Follmar

4. Aggie Open (9/9, 5,000m)	18:33.6
10. Stanford Invitational (9/30, 6,000m)	20:45
18. Pac-10 Championships (10/28, 6,000m)	21:20.9
22. NCAA West Regional (11/11, 6,000m)	22:03.9
31. Pre-NCAA Invite (10/14, 6,000m)	20:52

Katie Harrington

5. Aggie Open (9/9, 5,000m)	18:33.8
9. Katie Harrington (9/30, 6,000m)	20:44
55. Pre-NCAA Invite (10/14, 6,000m)	21:12

Arianna Lambie

1. Stanford Invitational (9/30, 6,000m)	20:13
1. Pac-10 Championships (10/14, 6,000m)	20:15.1
1. NCAA West Regional (11/11, 6,000m)	20:58.8
2. Pre-NCAA Invite (10/28, 6,000m)	20:20

Mary Liz McCurdy

2. Bronco Invitational (10/14, 5,000m)	17:25
5. Stanford Invitational (9/30, 4,000m)	14:33
7. Aggie Open (9/9, 5,000m)	18:49.1
23. Mary Liz McCurdy (10/28, 6,000m)	21:28.9

Teresa McWalters

4. Pre-NCAA Invite (10/14, 6,000m)	20:24
4. Pac-10 Championships (10/28, 6,000m)	20:25.0

Kate Niehaus

1. Pre-NCAA Open (10/14, 6,000m)	21:14
26. NCAA West Regional (11/11, 6,000m)	22:08.5
43. Pac-10 Championships (10/28, 6,000m)	22:04.5

Maddie O'Meara

17. Stanford Invitational (9/30, 4,000m)	15:24
31. Bronco Invitational (10/14, 5,000m)	18:28

Kaylin Pennington

3. Stanford Invitational (9/30, 4,000m)	14:24
5. Bronco Invitational (10/14, 5,000m)	17:42
27. Aggie Open (9/9, 5,000m)	19:43.4

Leah Sawyer

7. Stanford Invitational (9/30, 4,000m)	14:51
29. Aggie Open (9/9, 5,000m)	19:51.2
30. Bronco Invitational (10/14, 5,000m)	18:28

Amanda Trotter

3. Pac-10 Championships (10/28, 6,000m)	20:18.3
4. Stanford Invitational (9/30, 6,000m)	20:27
4. NCAA West Regional (11/11, 6,000m)	21:16.8
5. Pre-NCAA Invite (10/14, 6,000m)	20:27

Katy Trotter

2. Stanford Invitational (9/30, 6,000m)	20:19
2. Pac-10 Championships (10/28, 6,000m)	20:18.3
2. NCAA West Regional (11/11, 6,000m)	21:12.1
8. Pre-NCAA Invite (10/14, 6,000m)	20:32

Kelsey Walker

4. Bronco Invitational (10/14, 5,000m)	17:39
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