

News Release



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North Dakota, Minnesota State Win NCC Cross Country Titles

North Dakota claimed the women's title and Minnesota State claimed its third straight men's title at the North Central Conference Cross Country Championships at the Don Baker Cross Country Course in Vermillion, S.D. Augustana freshman Jillian Tholen won the women's individual title while South Dakota's Tyler Wetering improved on his 2005 second place finish to claim the men's individual champion. Wetering is the second consecutive USD athlete to win the NCC individual title.

The title was the fifth for North Dakota, but its first since 2001. It was the eighth time that Minnesota State has captured the team crown.

North Central Conference Results

Women's Team Race

1. North Dakota, 44
2. Augustana, 61
3. South Dakota, 77
4. Minnesota-Duluth, 101
5. Nebraska-Omah, 112
6. Minnesota State, 120
7. St. Cloud State, 195

Individuals - top 10

1. Jillian Tholen, Augustana, 22:04.30
2. Kelsey Maloney, South Dakota, 22:19.41
3. Liz Palkie, Minnesota-Duluth, 22:31.80
4. Margaret Landberg, North Dakota, 22:35.00
5. Jessica Pape, Augustana, 22:37.55
6. Amy Lindner, South Dakota, 22:41.61
7. Rachelle Duerre, North Dakota, 22:56.23
8. Kristy Keithley, North Dakota, 22:58.43
9. Kaylen Harris, Nebraska-Omaha, 22:59.22
10. Lexie Dunlop, South Dakota, 23:03.28

Men's Team Race

1. Minnesota State, 37
2. Minnesota-Duluth, 52
3. Augustana, 80
4. North Dakota, 89
5. South Dakota, 101
6. St. Cloud State, 189

Men's Top-10 Individuals

1. Tyler Wetering, South Dakota, 25:10.56
2. Eric Atkinson, Minnesota-Duluth, 25:12.45
3. Chad Backsen, Augustana, 25:16.66
4. Jason Rengo, Minnesota State, 25:29.41
5. James Krajsa, Minnesota State, 25:32.02
6. John Kallemyn, Minnesota-Duluth, 25:38.18
7. Jesse Merkel, Minnesota State, 25:42.04
8. Lee DeKrey, North Dakota, 25:55.26
9. Matt Yaggie, South Dakota, 26:02.20
10. Dan Ristar, Minnesota State, 26:04.62

#NCC#

North Central Conference Meet - Women's Individual Results

Don Baker Memorial Cross Country Course, The University of South Dakota, Vermillion, S.D., 10-21-06

Place	Pts	Name	Team Name	Grade	Pace Finish Time
1	1	Tholen, Jillian	Augustana	5:54	22:04.30
2	2	Maloney, Kelsey	South Dakota	5:58	22:19.41
3	3	Palkie, Liz	Minnesota-Duluth	6:02	22:31.80
4	4	Landberg, Margaret	North Dakota	6:03	22:35.00
5	5	Pape, Jessica	Augustana	6:03	22:37.55
6	6	Lindner, Amy	South Dakota	6:04	22:41.61
7	7	Duerre, Rachelle	North Dakota	6:08	22:56.23
8	8	Keithley, Kristy	North Dakota	6:09	22:58.43
9	9	Harris, Kaylen	Nebraska-Omaha	6:09	22:59.22
10	10	Dunlop, Lexie	South Dakota	6:10	23:03.28
11	11	Meger, Katelyn	Minnesota-Duluth	6:11	23:05.55
12	12	Malone, Callie	North Dakota	6:11	23:06.15
13	13	Benke, Lori	North Dakota	6:11	23:06.21
14	14	Clark, Molly	Augustana	6:11	23:06.85
15	15	Smith, Samantha	Minnesota State	6:11	23:07.55
16	16	Anderson, Alyssa	Augustana	6:14	23:17.79
17	17	Gefroh, Mandy	North Dakota	6:14	23:17.99
18	18	Hoese, Jenny	Minnesota State	6:15	23:21.09
19	19	Mertes, Kelli	Nebraska-Omaha	6:16	23:26.20
20	20	Tuenge, Tahnee	Nebraska-Omaha	6:17	23:27.99
21	21	Dahlheimer, Kristi	North Dakota	6:17	23:29.29
22	22	Nelson, Mary Margaret	Nebraska-Omaha	6:18	23:33.30
23	23	Lundgren, Jessica	South Dakota	6:19	23:37.67
24	24	Dettman, Amanda	Minnesota State	6:20	23:38.11
25	25	Wagner, Miranda	Augustana	6:22	23:45.42
26	26	Zinsmaster, Kristin	Minnesota-Duluth	6:23	23:51.55
27		Messer, Jessica	North Dakota	6:24	23:54.97
28	27	Polgreen, Caitlin	Augustana	6:25	23:57.59
29	28	Kelly, Mairead	Augustana	6:26	24:00.38
30		Nickolas, Dani	Augustana	6:27	24:06.51
31		Fernandez, Kelly	Augustana	6:27	24:06.77
32	29	McConnell, Meagan	Minnesota State	6:28	24:08.93
33	30	Bahe, Emma	Minnesota-Duluth	6:31	24:20.21
34	31	Frederickson, Sara	Minnesota-Duluth	6:31	24:21.98
35		Baker, Natika	North Dakota	6:33	24:26.11
36	32	Winans, Emily	St. Cloud State	6:34	24:33.00
37		Jackson, Melissa	Augustana	6:35	24:34.10
38	33	Inderrieden, Katie	Minnesota-Duluth	6:38	24:47.06
39	34	Schmitt, Casey	Minnesota State	6:40	24:55.58
40	35	Halverson, Kala	St. Cloud State	6:41	24:56.32
41	36	Steckelberg, Amy	South Dakota	6:42	25:02.51
42		Hofland, Leslie	North Dakota	6:45	25:12.61
43	37	Kaas, Kassie	Minnesota-Duluth	6:45	25:14.62
44		Zahorsky, Jackie	Minnesota-Duluth	6:46	25:15.25
45	38	Smalley, Rachel	Minnesota State	6:46	25:16.41
46	39	Broughten, Lindsay	Minnesota State	6:48	25:24.82
47		Pederson, Jenna	Minnesota-Duluth	6:50	25:32.64
48		Gemberling, Libby	Minnesota State	6:51	25:34.09
49	40	Kuhlmann, Heather	South Dakota	6:52	25:37.95
50	41	Borden, Andrea	St. Cloud State	6:55	25:49.02
51	42	Truckenbrod, Rachel	Nebraska-Omaha	7:00	26:09.19
52		Balzer, Jessica	Minnesota-Duluth	7:01	26:11.09
53		Heinks, Nicole	Minnesota-Duluth	7:04	26:23.96
54	43	Krippner, Bobbi	St. Cloud State	7:06	26:31.48
55		Woodstrom, Amanda	Minnesota State	7:07	26:34.01
56	44	Dombrovski, Holly	St. Cloud State	7:21	27:27.00
57		Dobbs, Andrea	Minnesota State	7:24	27:39.12
58	45	Wilson, Katie	St. Cloud State	7:35	28:19.07
59	46	Kronlund, Alyssa	St. Cloud State	7:41	28:42.75
60		Sanders, Libbie	St. Cloud State	7:50	29:14.67
61		Nelson, Kelley	St. Cloud State	8:06	30:15.27
62		Poole, Sierrah	St. Cloud State	8:10	30:30.61

North Central Conference Meet - Women's Team-by-Team Results

Don Baker Memorial Cross Country Course, The University of South Dakota, Vermillion, S.D., 10-21-06

1. North Dakota 44

4	Landberg, Margaret	6:03	22:35.00
7	Duerre, Rachelle	6:08	22:56.23
8	Keithley, Kristy	6:09	22:58.43
12	Malone, Callie	6:11	23:06.15
13	Benke, Lori	6:11	23:06.21
17	Gefroh, Mandy	6:14	23:17.99
21	Dahlheimer, Kristi	6:17	23:29.29
Avg: 0:22:56		Total: 1:54:41	

2. Augustana 61

1	Tholen, Jillian	5:54	22:04.30
5	Pape, Jessica	6:03	22:37.55
14	Clark, Molly	6:11	23:06.85
16	Anderson, Alyssa	6:14	23:17.79
25	Wagner, Miranda	6:22	23:45.42
27	Polgreen, Caitlin	6:25	23:57.59
28	Kelly, Mairead	6:26	24:00.38
Avg: 0:22:58		Total: 1:54:49	

3. South Dakota 77

2	Maloney, Kelsey	5:58	22:19.41
6	Lindner, Amy	6:04	22:41.61
10	Dunlop, Lexie	6:10	23:03.28
23	Lundgren, Jessica	6:19	23:37.67
36	Steckelberg, Amy	6:42	25:02.51
40	Kuhlmann, Heather	6:52	25:37.95
Avg: 0:23:20		Total: 1:56:42	

4. Minnesota-Duluth 101

3	Palkie, Liz	6:02	22:31.80
11	Meger, Katelyn	6:11	23:05.55
26	Zinsmaster, Kristin	6:23	23:51.55
30	Bahe, Emma	6:31	24:20.21
31	Frederickson, Sara	6:31	24:21.98
33	Inderrieden, Katie	6:38	24:47.06
37	Kaas, Kassie	6:45	25:14.62
Avg: 0:23:38		Total: 1:58:08	

5. Nebraska-Omaha 112

9	Harris, Kaylen	6:09	22:59.22
19	Mertes, Kelli	6:16	23:26.20
20	Tuenge, Tahnee	6:17	23:27.99
22	Nelson, Mary Margaret	6:18	23:33.30
42	Truckenbrod, Rachel	7:00	26:09.19
Avg: 0:23:55		Total: 1:59:34	

6. Minnesota State 120

15	Smith, Samantha	6:11	23:07.55
18	Hoese, Jenny	6:15	23:21.09
24	Dettman, Amanda	6:20	23:38.11
29	McConnell, Meagan	6:28	24:08.93
34	Schmitt, Casey	6:40	24:55.58
38	Smalley, Rachel	6:46	25:16.41
39	Broughten, Lindsay	6:48	25:24.82
Avg: 0:23:50		Total: 1:59:09	

7. St. Cloud State 195

32	Winans, Emily	6:34	24:33.00
35	Halverson, Kala	6:41	24:56.32
41	Borden, Andrea	6:55	25:49.02
43	Krippner, Bobbi	7:06	26:31.48
44	Dombrovski, Holly	7:21	27:27.00
45	Wilson, Katie	7:35	28:19.07
46	Kronlund, Alyssa	7:41	28:42.75
Avg: 0:25:51		Total: 2:09:16	

North Central Conference Meet - Men's Individual Results

Don Baker Memorial Cross Country Course, The University of South Dakota, Vermillion, S.D., 10-21-06

P1	Pts	Name	Team Name	Grade	Pace	Finish Time
1	1	Wetering, Tyler	South Dakota	5:03	25:10.56	
2	2	Atkinson, Eric	Minnesota-Duluth	5:04	25:12.45	
3	3	Backsen, Chad	Augustana	5:05	25:16.66	
4	4	Rengo, Jasson	Minnesota State	5:07	25:29.41	
5	5	Krajsa, James	Minnesota State	5:08	25:32.02	
6	6	Kallemeyn, John	Minnesota-Duluth	5:09	25:38.18	
7	7	Merkel, Jesse	Minnesota State	5:10	25:42.04	
8	8	DeKrey, Lee	North Dakota	5:12	25:55.26	
9	9	Yaggie, Matt	South Dakota	5:14	26:02.20	
10	10	Ristar, Dan	Minnesota State	5:14	26:04.62	
11	11	Fier, Dustin	Minnesota State	5:16	26:13.20	
12	12	Polski, Brian	Minnesota-Duluth	5:17	26:16.95	
13	13	Stoltman, Jonathan	Minnesota State	5:19	26:30.19	
14	14	Varty, Zach	Minnesota-Duluth	5:20	26:34.13	
15	15	Spitsberg, Richie	North Dakota	5:22	26:41.18	
16	16	Johnson, Bart	Augustana	5:22	26:42.65	
17	17	VandeBerg, Austin	Augustana	5:22	26:43.86	
18	18	Anderson, Nathan	Minnesota-Duluth	5:22	26:44.59	
19	19	Janiszewski, Chad	Minnesota State	5:23	26:48.00	
20	20	Nordlund, Nathan	North Dakota	5:23	26:49.74	
21	21	Oien, Peter	Augustana	5:23	26:50.50	
22	22	Mahoney, Patrick	North Dakota	5:24	26:52.10	
23	23	Petrich, Nathaniel	Augustana	5:24	26:54.96	
24		Jacobson, Chris	Minnesota State	5:25	26:59.40	
25	24	Downs, Kyle	North Dakota	5:26	27:02.05	
26	25	Bjorhus, Jordan	Minnesota-Duluth	5:26	27:03.71	
27	26	Nilsen_Gjil, Carlos	Augustana	5:27	27:06.18	
28	27	Cogger, Ben	Minnesota-Duluth	5:27	27:06.43	
29	28	Fitzsimmons, Sean	South Dakota	5:27	27:10.88	
30	29	Rosseau, Kyle	North Dakota	5:29	27:17.90	
31	30	Ihry, Rob	Augustana	5:29	27:20.30	
32		Bjorhus, Tyler	Minnesota-Duluth	5:29	27:20.31	
33		Anderson, Sam	Minnesota-Duluth	5:30	27:25.09	
34		Clementson, Jared	Minnesota-Duluth	5:30	27:25.62	
35	31	Gregoire, Rob	South Dakota	5:31	27:28.45	
36		Bahnson, Graham	Augustana	5:32	27:31.37	
37		Galbavy, Doug	Minnesota State	5:32	27:33.71	
38	32	Blue, Josh	South Dakota	5:32	27:34.20	
39	33	Jeffery, Josh	South Dakota	5:34	27:40.05	
40	34	LaBlanc, Josh	North Dakota	5:35	27:49.01	
41		Anderson, Amil	Augustana	5:37	27:58.26	
42		Klopp, Pete	Minnesota-Duluth	5:38	28:01.85	
43	35	Nyberg, Karl	St. Cloud State	5:41	28:15.64	
44		Heesch, Matt	Augustana	5:44	28:32.08	
45		Jones, Jeremy	North Dakota	5:44	28:32.63	
46		Zbikowski, John	Minnesota-Duluth	5:45	28:39.32	
47	36	Schlosser, Ben	South Dakota	5:46	28:40.30	
48		Gilson, Jonathan	North Dakota	5:46	28:40.95	
49		Umland, Dustin	North Dakota	5:58	29:41.73	
50	37	Moes, Tim	St. Cloud State	6:04	30:12.24	
51		Blatherwick, Joss	North Dakota	6:07	30:25.11	
52	38	Manly, David	St. Cloud State	6:11	30:45.17	
53	39	Lindquist, Brynne	St. Cloud State	6:18	31:22.65	
54	40	Pedersen, Lucas	St. Cloud State	6:27	32:05.83	

North Central Conference Meet - Men's Team-by-Team Results

Don Baker Memorial Cross Country Course, The University of South Dakota, Vermillion, S.D., 10-21-06

1. Minnesota State 37

4	Rengo, Jasson	5:07	25:29.41
5	Krajsa, James	5:08	25:32.02
7	Merkel, Jesse	5:10	25:42.04
10	Ristar, Dan	5:14	26:04.62
11	Fier, Dustin	5:16	26:13.20
13	Stoltman, Jonathan	5:19	26:30.19
19	Janiszewski, Chad	5:23	26:48.00
Avg:	0:25:48	Total:	2:09:00

5. South Dakota 101

1	Wetering, Tyler	5:03	25:10.56
9	Yaggie, Matt	5:14	26:02.20
28	Fitzsimmons, Sean	5:27	27:10.88
31	Gregoire, Rob	5:31	27:28.45
32	Blue, Josh	5:32	27:34.20
33	Jeffery, Josh	5:34	27:40.05
36	Schlosser, Ben	5:46	28:40.30
Avg:	0:26:41	Total:	2:13:24

2. Minnesota-Duluth 52

2	Atkinson, Eric	5:04	25:12.45
6	Kallemeyn, John	5:09	25:38.18
12	Polski, Brian	5:17	26:16.95
14	Varty, Zach	5:20	26:34.13
18	Anderson, Nathan	5:22	26:44.59
25	Bjorhus, Jordan	5:26	27:03.71
27	Cogger, Ben	5:27	27:06.43
Avg:	0:26:05	Total:	2:10:24

6. St. Cloud State 189

35	Nyberg, Karl	5:41	28:15.64
37	Moes, Tim	6:04	30:12.24
38	Manly, David	6:11	30:45.17
39	Lindquist, Brynne	6:18	31:22.65
40	Pedersen, Lucas	6:27	32:05.83
Avg:	0:30:32	Total:	2:32:39

3. Augustana 80

3	Backsen, Chad	5:05	25:16.66
16	Johnson, Bart	5:22	26:42.65
17	VandeBerg, Austin	5:22	26:43.86
21	Oien, Peter	5:23	26:50.50
23	Petrich, Nathaniel	5:24	26:54.96
26	Nilsen_Gjil, Carlos	5:27	27:06.18
30	Ihry, Rob	5:29	27:20.30
Avg:	0:26:29	Total:	2:12:25

4. North Dakota 89

8	DeKrey, Lee	5:12	25:55.26
15	Spitsberg, Richie	5:22	26:41.18
20	Nordlund, Nathan	5:23	26:49.74
22	Mahoney, Patrick	5:24	26:52.10
24	Downs, Kyle	5:26	27:02.05
29	Rosseau, Kyle	5:29	27:17.90
34	LaBlanc, Josh	5:35	27:49.01
Avg:	0:26:40	Total:	2:13:19