Highlights

Runners battle course, weather at NCAA meet: Grand Valley State gained an early advantage and never let up Dec. 4 on its way to winning the Division II Women's Cross Country Championships title over the snow-covered course at E.P. "Tom" Sawyer State Park.

The Lakers tallied 66 points to win comfortably and dethrone perennial champion Adams State, which had won the previous seven championships. Western State finished second with 95 points.

Grand Valley State coach Jerry Baltes said his team knew the importance of getting off to a fast start in the slick, muddy and cold conditions.

"As much as the men chewed up the course (in their championship an hour before), we thought it was imperative to establish position out front because I thought it was going to be really, really hard to maneuver through a crowd as muddy and sloppy and slippery as it got," Baltes said.

Not only did the Lakers get to the front early, they stayed there.

"All seven of our ladies ran well," Baltes said. "We had seven in the top 35, and seven in the top 25 team scoring, so that's just an outstanding effort."

Senior Katherine McCarthy led the Lakers, finishing the 6-kilometer course in 21:10.6 for a fourth-place team (and individual) finish. She was followed by Megan Maceratini (seventh), Rebecca Winchester (16th), Kylen Cieslak (19th) and Julia Nowak (20th).

Baltes praised Adams State, which has won either NCAA or NAIA championships for 18 of the last 22 seasons.

"Damon Martin does an outstanding job out there, so, yeah, it's a huge relief and triumph to get over that hump," Baltes said.

Martin, the Adams State coach, praised the effort of his team, along with the new champion.

"I'm really proud of this year's group," he said. "They battled their butts off. They're a little banged up, but that's to take nothing away from Grand Valley. They really went out and ran well and just took the race. They really looked good from start to finish."

The individual title went to Shippensburg's Neely Spence, who deflected attention to her team's accomplishment.

"The thing I'm most excited about is that we got in the top four and got the trophy," she said. "I'm really, really excited to get that."

Spence covered the course in 20:41.2, about 15 seconds in front of No. 2 Sarah Porter of Western Washington. Lauren Kleppin from Western State was third.

"Time didn't really matter today in the snow and conditions," Spence said, "so I wanted to stay in control as much as possible. At about 4K is where I took control.

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### Year Championship Coach Points Runner-Up Points Host or Site

#### Team Results

<table>
<thead>
<tr>
<th>Year</th>
<th>Champion</th>
<th>Coach</th>
<th>Points</th>
<th>Runner-Up</th>
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TEAM CHAMPIONSHIPS

Adams St., 15, Cal Poly 10, Western St. 3, Grand Valley St., South Dakota St., 1 each.

INDIVIDUAL CHAMPIONSHIPS

Western St. 5, Cal Poly 4, Seattle Pacific 4, Adams St. 3, BYU-Hawaii 2, Kennesaw St. 2, Pittsburgh St. 2, Southeast Mo. St. 2, Air Force, Cal St. L.A., Cal St. Northridge, Grand Valley St., Lewis, Shippensburg, 1 each.

Championship Records

TEAM SCORE

23—Adams St. (Kim Bosen 1, Sarah Parkey 2, Cory Chastain 4, Melissa Bouren 6, Esthie Hartsky 10), 1999.

INDIVIDUAL TITLES


INDIVIDUAL RECORDS

5,000 meters—16:43, Gladee Pieur, Cal Poly, 1986, 6,000 meters—20:29-4, Esther Komen, Western St., 2006.

INDIVIDUAL CHAMPIONS

1981 Eileen Kraemer, Cal Poly, 17:41
1982 Amy Harper, Cal Poly, 21:13.6
1983 Amy Harper, Cal Poly, 17:10
1984 Christine Ridonou, Southeast Mo. St., 16:53.2
1985 Bente Moe, Seattle Pacific, 17:42.20
1986 Gladee Pieur, Cal Poly, 16:43
1987 Sylvia Mosqueda, Cal St. L.A., 16:57
1988 Laura Byrne, Southeast Mo. St., 16:56.8
1989 Darcy Arreola, Cal St. Northridge, 17:14.2
1990 Callie Calhoun, Air Force, 16:56.6
1991 Christie Allen, Pittsburg St., 18:04
1992 Christie Allen, Pittsburg St., 18:18
1993 Elva Dryer, Western St., 17:34.4
1994 Elva Dryer, Western St., 17:20.9
1995 Tumaini Uri, Western St., 16:54.85
1996 Denise Summers, Adams St., 17:46.8
1997 Kasia Arient, Lewis, 17:31.2
1998 Kimberly Bugg, Adams St., 21:43.0
1999 Marjo Venalainen, Kennesaw St., 20:48.2
2000 Marjo Venalainen, Kennesaw St., 21:33.6
2001 Hannah Lawrence, Western St., 21:24.7
2002 Amber Klein, Adams St., 20:54.5
2003 Chelsea Smith, BYU-Hawaii, 20:33.9

2004 Chelsea Smith, BYU-Hawaii, 21:33.0
2005 Mandi Zembie, Grand Valley St., 21:01.7
2006 Esther Komen, Western St., 20:09.4
2007 Jessica Pieler, Seattle Pacific, 20:29.1
2008 Jessica Pieler, Seattle Pacific, 20:20
2009 Jessica Pieler, Seattle Pacific, 20:22.6
2010 Neely Spence, Shippensburg, 20:41.2
All-Time Team Results


