



# 2005 CROSS COUNTRY REVIEW



## AZULAY SPEARHEADS A CROSS COUNTRY REVIVAL IN 2005

Bolstered by a crop of talented newcomers, the San Diego State women's cross country team fashioned one of its best seasons ever in 2005. Fielding perhaps its deepest squad in recent years, several individual and team milestones were reached during a memorable campaign. Aztec runners repeatedly established career-best times while helping SDSU make its first-ever appearance in the regional polls.



Sophomore Lital Azulay's first-place finish at the Santa Clara Invitational propelled the Aztecs to their first team title since 2003.

"We had a tremendous season," SDSU coach Jennifer Namista said. "We never once backed off during any meet this year. We went up against some tough competition and we now know that we can run with some of the best teams in the country."

The Aztecs' first team title in two years was among the many highlights for the scarlet and black in 2005. SDSU captured the Santa Clara Invitational and finished no worse than seventh place in its six other scoring meets. The strong performances did not go unnoticed as the Aztecs were ranked as high as eighth in the west region according to the Women's Intercollegiate

Collegiate Cross Country Coaches Association (WICCCA). The year culminated with the Aztecs' best-ever showing at a regional meet as SDSU placed seventh out of 30 teams at the NCAA West Regional championships.

Individually, Lital Azulay quickly established herself as one of the elite runners in school history. In her first cross country season on The Mesa, the sophomore transfer from Coastal Carolina was SDSU's top finisher in all six races she ran, including an individual title at the Santa Clara Invitational. She posted three of the school's top-10 fastest times in the 6K distance and two of the school's top-10 times in the 5K. For her efforts, Azulay was twice named Mountain West Conference Runner of the Week, becoming just the second Aztec along with Marie Nilsson to be honored twice with the award in the same season.

At the MWC championships, Azulay earned first-team all-conference honors, becoming just the second SDSU runner other than Nilsson to receive first-team honors. The Holon, Israel, native capped off the year at the NCAA regional meet by recording the school's second-fastest 6K mark (21:05.80), garnering all-region honors with her top-25 finish.

Azulay was not the only Aztec to play a significant role in 2005. After finishing as the team's top runner at the Fullerton Season Opener, junior Lisa Crampton cemented herself as the team's No. 2 runner, trailing only Azulay in five of the next six races. The transfer from Belmont University finished second overall at the Santa Clara Invite and recorded personal bests at the Willamette Invitational (5K - 17:32.60) and NCAA West Regional (6K - 21:32.30), with the latter ranking fourth on the school's all-time list.

Senior Christal Cuadra made her final cross country race as an Aztec a memorable one, setting a 6K career best (21:50.90) at the NCAA regional meet which ranked as the sixth-fastest time in school history. Cuadra was also the team's second finisher at the Aztec Invitational.

Sophomore Lisa Naucler and junior Sarah Belger were another pair of newcomers who enjoyed a productive season. Naucler posted two

## 2005 RESULTS

Date	Event	Place/No. of Teams (Pts.)
Sept. 4	at Fullerton Season Opener	2nd of 24 (100 pts.)
Sept. 17	<b>Aztec Invitational</b>	3rd of 11 (98 pts.)
Sept. 24	at Stanford Invitational	4th of 32 (189 pts.)
Oct. 1	at Willamette Invitational	5th of 15 (120 pts.)
Oct. 1	at UC Riverside Invitational	NTS
Oct. 8	at UCSD Triton Classic	NTS
Oct. 15	at Santa Clara Invitational	1st of 8 (31 pts.)
Oct. 29	2005 MWC Championships	5th of 9 (134 pts.)
Nov. 12	*NCAA West Regional Meet	7th of 30 (290 pts.)
* - Palo Alto, Calif.		

## 2005 ROSTER

Name	Ht.	Yr.	Hometown (Previous School)
Lital Azulay	5-6	So.	Holon, Israel (Coastal Carolina)
Ali Baker	5-5	So.	Pine Valley, Calif. (Mountain Empire HS)
Sarah Belger	5-6	Jr.	Albuquerque, N.M. (San Diego Mesa JC)
Sara Cates	5-5	Jr.	Carlsbad, Calif. (Carlsbad HS)
Lisa Crampton	5-6	Jr.	Livermore, Calif. (Belmont Univ.)
Christal Cuadra	5-7	Jr.	Honolulu, Hawaii (Maryknoll HS)
Jackie Duncan	5-6	Jr.	Syracuse, N.Y. (Liverpool HS)
Lisa Marchini	5-6	Jr.	Hercules, Calif. (Diablo Valley College)
Amanda Maydeck	5-5	Fr.	Glendora, Calif. (Glendora HS)
Lisa Naucler	5-7	So.	Ljusdal, Sweden (Manhattan College)
Briana Powell	5-4	So.	Long Beach, Calif. (Long Beach Poly HS)
Dora Sanders	5-3	Jr.	El Cajon, Calif. (Cuyamaca JC)
Jamillah Titus	5-8	Sr.	American Canyon, Calif. (Vintage HS)
Celeste Tyson	5-1	Jr.	Austin, Texas (McNeil HS)
Anne Vieira	5-4	Fr.	San Diego, Calif. (Point Loma HS)

**Coaching Staff:** Rahn Sheffield, 15th season; Jennifer Namista, 13th season

## 2005 TOP TIMES

### 5K Times

Name	Time	Meet (Date)
1. Lital Azulay	17:03.10	Santa Clara Invitational (Oct. 15)
2. Lital Azulay	17:10.50	Willamette Invitational (Oct. 1)
3. Lisa Crampton	17:32.60	Willamette Invitational (Oct. 1)
4. Lisa Crampton	17:34.23	Santa Clara Invitational (Oct. 15)
5. Christal Cuadra	17:54.60	Willamette Invitational (Oct. 1)
6. Lisa Naucler	18:02.19	Santa Clara Invitational (Oct. 15)
7. Christal Cuadra	18:05.73	Santa Clara Invitational (Oct. 15)
8. Lisa Naucler	18:09.50	Willamette Invitational (Oct. 1)
9. Sarah Belger	18:11.79	Santa Clara Invitational (Oct. 15)
10. Lital Azulay	18:12.00	Aztec Invitational (Sept. 17)

### 6K Times

Name	Time	Meet (Date)
1. Lital Azulay	21:05.80	NCAA West Regional (Nov. 12)
2. Lital Azulay	21:14.20	MWC Championships (Oct. 29)
3. Lisa Crampton	21:32.30	NCAA West Regional (Nov. 12)
4. Christal Cuadra	21:50.90	NCAA West Regional (Nov. 12)
5. Lital Azulay	21:54.00	Stanford Invitational (Sept. 24)
6. Lisa Crampton	22:05.40	MWC Championships (Oct. 29)
7. Celeste Tyson	22:20.60	NCAA West Regional (Nov. 12)
8. Lisa Crampton	22:27.00	Stanford Invitational (Sept. 24)
9. Christal Cuadra	22:34.00	Stanford Invitational (Sept. 24)
10. Sarah Belger	22:37.10	MWC Championships (Oct. 29)

of the team's top-10 5K times of 2005 and finished in the top five on the team in six of seven races, while Belger was the squad's No. 3 finisher at the MWC meet.

SDSU also received steady performances from juniors Celeste Tyson and Sara Cates. Tyson logged career bests in both the 5K (18:28.33) and 6K (22:20.60) at the Santa Clara Invitational and NCAA regional meet, respectively. Cates, meanwhile, recorded a career-best mark of 23:15.10 at the MWC championships, a two-minute improvement from the same meet in 2004.

# 2005 MWC CROSS COUNTRY RECAP

## SDSU CROSS COUNTRY TAKES FIFTH AT THE 2005 MWC CHAMPIONSHIPS

The San Diego State women's cross country team recorded its best finish in five years, placing fifth overall (134 points) at the 2005 Mountain West Conference championships on Oct. 29, at Collindale Golf Course in Fort Collins, Colo. Eighth-ranked Brigham Young won the 6,000-meter race with 23 points, easily outdistancing runner-up New Mexico (74 pts.)

"I was pleased with the way we raced today," SDSU coach Jennifer Nanista said. "The effort was certainly there and I couldn't be happier for our runners. We had some excellent times, so I think we'll be in good shape heading into regionals."

Sophomore Lital Azulay recorded the best-ever 6K time by an Aztec at the MWC championships, coming in fifth out of 66 runners in 21:14.20 eclipsing Marie Nilsson's 21:53 clocking set at the 2003 meet. As a result of her finish, Azulay became just the second SDSU runner joining Nilsson to ever earn first-team all-MWC honors. Her 21:14 effort was also a career-best and ranks third all-time in school history.

Azulay was helped by junior Lisa Crampton, who came in 21st overall with a personal-best time of 22:05.40. Fellow classmates Sarah Belger (33rd - 22:37.10) and Sara Cates (42nd - 23:15.10) also logged career bests for the Aztecs. Rounding out the SDSU contingent was senior Christal Cuadra (44th - 23:19.40), sophomore Lisa Naucler (49th - 23:36.00) and junior Celeste Tyson (54th - 23:57.60).

BYU's Heidi Magill claimed the individual title with a winning effort of 20:42.40. She was followed by teammate Chelsea Smith-McKell (20:59.20), who helped the Cougars win their seventh straight MWC title in as many chances.



Junior Lisa Crampton was the second Aztec to cross the finish line at the 2005 Mountain West Conference championships.

### ALL-TIME AZTEC 6K TOP-10 TIMES

Name	Time	Event	Year
1. Marie Nilsson	21:04.00	NCAA West Regional	2003
2. Lital Azulay	21:05.80	NCAA West Regional	2005
3. Lital Azulay	21:14.20	MWC Championships	2005
4. Lisa Crampton	21:32.30	NCAA West Regional	2005
5. Jennifer Stakiw	21:50.00	Stanford Invitational	2002
6. Christal Cuadra	21:50.90	NCAA West Regional	2005
7. Marie Nilsson	21:53.00	MWC Championships	2003
Marie Nilsson	21:53.00	Stanford Invitational	2003
9. Lital Azulay	21:54.00	Stanford Invitational	2005
10. Christal Cuadra	22:00.00	NCAA West Regional	2004

### ALL-TIME AZTEC 5K TOP-10 TIMES

Name	Time	Event	Year
1. Monica Joyce	16:28.90	District 8 Championships	1981
2. Lynn Kamuka	16:54.10	District 8 Championships	1981
3. Monica Joyce	16:55.00	WCAA Championships	1981
4. Monica Joyce	16:56.00	Aztec Invitational	1981
5. Lital Azulay	17:03.10	Santa Clara Invitational	2005
6. Monica Joyce	17:05.00	UCLA Invitational	1981
7. Lynn Kamuka	17:07.30	WCAA Championships	1981
8. Eva Ernstrom	17:08.00	District 8 Championships	1981
9. Laurie Crisp	17:09.00	UCLA Invitational	1982
10. Lital Azulay	17:10.50	Willamette Invitational	2005

## 2005 MWC CHAMPIONSHIPS

6K Race, Collindale Golf Course  
Fort Collins, Colo. (Oct. 29, 2005)

### Team Results

1. Brigham Young	1	2	4	7	9	=	23 points
2. New Mexico	3	6	10	26	29	=	74 points
3. Colorado State	11	12	14	18	20	=	75 points
4. Wyoming	16	17	22	32	34	=	121 points
5. San Diego State	5	21	30	38	40	=	134 points
6. Air Force	8	19	28	36	47	=	138 points
7. Utah	25	31	39	43	51	=	189 points
8. TCU	27	33	37	46	49	=	192 points
9. UNLV	44	56	57	58	59	=	274 points

## 2005 MWC AWARDS

### Runner of the Year

Heidi Magill, So., BYU

### Freshman of the Year

Amy Fowler, Fr., BYU

### Coach of the Year

Matt Henry, New Mexico

### All-MWC Teams

#### First Team

Heidi Magill, BYU  
Chelsea Smith-McKell, BYU  
Timmie Murphy, NM  
Brecanne Sandberg, BYU  
Lital Azulay, SDSU  
Leslie Luna, NM  
Ann Heiner, BYU

#### Second Team

Nicole Graham, AFA  
Amy Fowler, BYU  
Jacquelyne Gallegos, NM  
Danielle Korb, CSU  
April Thomas, CSU  
Ann Marie Thomas, BYU  
Kristen Hemphill, CSU

### MWC Athletes of the Week

Sept. 7 - Kirsten Anthony, Colorado State  
Sept. 14 - Jacquelyne Gallegos, New Mexico  
Sept. 21 - Nicole Graham, Air Force  
Sept. 28 - Jacquelyne Gallegos, New Mexico  
Oct. 5 - Lital Azulay, San Diego State  
Oct. 12 - Jenni Shearer, UNLV  
Oct. 19 Lital Azulay, San Diego State



Junior Sarah Belger logged a 6K personal best at the 2005 MWC meet.