

2009 SDSU CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Individual Finisher
Sept. 5	~ at Fullerton Opener (6K)	9th/26 teams	1:25.9	3:23.1	Marianne Hogan (23:52.0)
	<i>Top Five:</i> Hogan, Williams, Escobar, Davis, Martinez				
Sept. 19	! 65th Aztec Invitational (5K)	4th/12 teams	0:58.0	1:55.0	Rachel Williams (19:10.0)
	<i>Top Five:</i> Williams, Hogan, Beyers, Martinez, Davis				
Sept. 26	@ Stanford Invitational (6K)	20th/22 teams	1:57.0	--	Marianne Hogan (23:03.0)
	<i>Top Five:</i> Hogan, Williams, Davis, Martinez, Beyers				
Oct. 10	# UC San Diego (6K)	7th/13 teams	1:45.5	3:25.1	Rachel Williams (23:09.2)
	<i>Top Five:</i> Williams, Hogan, Martinez, Davis, Beyers				
Oct. 16	\$ Northridge Invitational (5K)	6th/9 teams	2:11.9	3:17.6	Rachel Williams (18:15.82)
	<i>Top Five:</i> Williams, Hogan, Davis, Koskinen, Beyers				
Oct. 31	% MWC Championships (6K)	8th/9 teams	1:43.7	2:46.5	Rachel Williams (22:39.9)

~ Cal State Fullerton Opener at Fullerton Municipal Golf Course in Fullerton, Calif.

! 65th Aztec Invitational presented by Courtyard Marriott San Diego Central at Balboa Park in San Diego

@ Stanford Invitational at Stanford University Golf Course in Palo Alto, Calif.

Triton Classic at UC San Diego in La Jolla, Calif.

\$ Northridge Invitational at Balboa Park/Sepulveda Course in Van Nuys, Calif.

% Mountain West Conference Cross Country Championships at Cascade Golf Course in Palo Alto, Calif.

2009 SDSU XC INDIVIDUAL RESULTS

Sara Beyers (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	75th/262	25:18.6
Sept. 19	Aztec Invitational (5K)	25th/94	19:53.0
Sept. 26	at Stanford Invitational (6K)	162nd/179	25:00.0
Oct. 10	at Triton Classic (6K)	54th/122	24:57.7
Oct. 16	at Northridge Invitational (5K)	57th/107	20:27.7
Oct. 31	at MWC Championships (6K)	50th/73	24:11.1
Aztec Career Best: 4K - 15:30.5; 5K - 19:03.0; 6K - 23:42.1			

Amy Brown (So.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	--	DNC
Sept. 19	Aztec Invitational (5K)	51st/94	21:05.0
Sept. 26	at Stanford Invitational (6K)	--	DNC
Oct. 10	at Triton Classic (6K)	--	DNC
Oct. 16	at Northridge Invitational (5K)	--	DNC
Oct. 31	at MWC Championships (6K)	65th/73	25:12.2
Aztec Career Best: 4K - N/A; 5K - 21:05.0; 6K - 25:12.2			

Melissa Bunn (So.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	165th/262	27:15.1
Sept. 19	Aztec Invitational (5K)	64th/94	21:56.0
Sept. 26	at Stanford Invitational (6K)	--	DNC
Oct. 10	at Triton Classic (6K)	74th/122	26:00.4
Oct. 16	at Northridge Invitational (5K)	60th/107	20:51.4
Oct. 31	at MWC Championships (6K)	71st/73	26:49.9
Aztec Career Best: 4K - N/A; 5K - 20:23.9; 6K - 26:00.4			

Jordan Davis (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	71st/262	25:15.6
Sept. 19	Aztec Invitational (5K)	35th/94	20:08.0
Sept. 26	at Stanford Invitational (6K)	134th/179	23:58.0
Oct. 10	at Triton Classic (6K)	53rd/122	24:54.1
Oct. 16	at Northridge Invitational (5K)	41st/107	19:51.8
Oct. 31	at MWC Championships (6K)	54th/73	24:23.6
Aztec Career Best: 4K - N/A; 5K - 19:51.8; 6K - 23:58.0			

Alma Escobar (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	53rd/262	24:39.0
Sept. 19	Aztec Invitational (5K)	--	DNC
Sept. 26	at Stanford Invitational (6K)	--	DNC
Oct. 10	at Triton Classic (6K)	--	DNC
Oct. 16	at Northridge Invitational (5K)	--	DNC
Oct. 31	at MWC Championships (6K)	--	DNC
Aztec Career Best: 4K - N/A; 5K - 19:01.9; 6K - 24:39.0			

Marianne Hogan (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	21st/262	23:52.0
Sept. 19	Aztec Invitational (5K)	18th/94	19:39.0
Sept. 26	at Stanford Invitational (6K)	85th/179	23:03.0
Oct. 10	at Triton Classic (6K)	30th/122	23:51.8
Oct. 16	at Northridge Invitational (5K)	27th/107	19:09.8
Oct. 31	at MWC Championships (6K)	68th/73	25:26.4
Aztec Career Best: 4K - N/A; 5K - 19:09.8; 6K - 23:03.0			

Josefine Koskinen (So.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	--	DNC
Sept. 19	Aztec Invitational (5K)	37th/94	20:15.0
Sept. 26	at Stanford Invitational (6K)	--	DNC
Oct. 10	at Triton Classic (6K)	--	DNC
Oct. 16	at Northridge Invitational (5K)	55th/107	20:21.7
Oct. 31	at MWC Championships (6K)	44th/73	23:59.1
Aztec Career Best: 4K - N/A; 5K - 20:15.0; 6K - 23:59.1			

Hana Llata (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	--	DNC
Sept. 19	Aztec Invitational (5K)	--	DNC
Sept. 26	at Stanford Invitational (6K)	--	DNC
Oct. 10	at Triton Classic (6K)	93rd/122	27:39.7
Oct. 16	at Northridge Invitational (5K)	86th/107	23:10.4
Oct. 31	at MWC Championships (6K)	--	DNC
Aztec Career Best: 4K - N/A; 5K - 23:10.7; 6K - 23:29.7			

Makenzie Mabry (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	--	DNC
Sept. 19	Aztec Invitational (5K)	70th/94	22:28
Sept. 26	at Stanford Invitational (6K)	--	DNC
Oct. 10	at Triton Classic (6K)	79th/122	26:34.3
Oct. 16	at Northridge Invitational (5K)	69th/107	21:38.0
Oct. 31	at MWC Championships (6K)	73rd/73	27:45.0
Aztec Career Best: 4K - 16:02.0; 5K - 19:11.0; 6K - 23:12.0			

Michelle Martinez (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	74th/262	25:17.9
Sept. 19	Aztec Invitational (5K)	31st/94	20:04.0
Sept. 26	at Stanford Invitational (6K)	161st/179	24:59.0
Oct. 10	at Triton Classic (6K)	47th/122	24:44.2
Oct. 16	at Northridge Invitational (5K)	68th/107	21:33.4
Oct. 31	at MWC Championships (6K)	53rd/73	24:23.1
Aztec Career Best: 4K - 15:47.4; 5K - 19:08.0; 6K - 23:14.0			

Sabrina Rathor (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	--	DNC
Sept. 19	Aztec Invitational (5K)	62nd/94	21:48.0
Sept. 26	at Stanford Invitational (6K)	--	DNC
Oct. 10	at Triton Classic (6K)	87th/122	27:16.9
Oct. 16	at Northridge Invitational (5K)	70th/107	21:39.3
Oct. 31	at MWC Championships (6K)	--	DNC
Aztec Career Best: 4K - N/A; 5K - 21:39.3; 6K - 27:16.9			

Rachel Williams (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	at Fullerton Opener (6K)	24th/262	23:53.5
Sept. 19	Aztec Invitational (5K)	13th/94	19:10.0
Sept. 26	at Stanford Invitational (6K)	129th/179	23:50.0
Oct. 10	at Triton Classic (6K)	15th/122	23:09.2
Oct. 16	at Northridge Invitational (5K)	5th/107	18:15.8
Oct. 31	at MWC Championships (6K)	21st/73	22:39.9
Aztec Career Best: 4K - 14:47.8; 5K - 18:15.8; 6K - 22:39.9			

2009 SDSU CROSS COUNTRY TOP TIMES

2009 TOP 10 TIMES -- 5K (WITHOUT REPLACEMENT)

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Rachel Williams (Sr.)	18:15.8	Northridge Invitational	Oct. 16
2. Marianne Hogan (Fr.)	19:09.8	Northridge Invitational	Oct. 16
3. Jordan Davis (Fr.)	19:51.8	Northridge Invitational	Oct. 16
4. Sara Beyers (Jr.)	19:53.0	65th Aztec Invitational	Sept. 19
5. Michelle Martinez (Jr.)	20:04.0	65th Aztec Invitational	Sept. 19
6. Josefina Koskinen (So.)	20:15.0	65th Aztec Invitational	Sept. 19
7. Melissa Bunn (So.)	20:51.4	Northridge Invitational	Oct. 16
8. Amy Brown (So.)	21:05.0	65th Aztec Invitational	Sept. 19
9. Makenzie Mabry (Sr.)	21:38.0	Northridge Invitational	Oct. 16
10. Sabrina Rathor (Fr.)	21:39.3	65th Aztec Invitational	Sept. 19

2009 TOP 10 TIMES -- 5K (WITH REPLACEMENT)

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Rachel Williams (Sr.)	18:15.8	Northridge Invitational	Oct. 16
2. Marianne Hogan (Fr.)	19:09.8	Northridge Invitational	Oct. 16
3. Rachel Williams (Sr.)	19:10.0	65th Aztec Invitational	Sept. 19
4. Marianne Hogan (Fr.)	19:39.0	65th Aztec Invitational	Sept. 19
5. Jordan Davis (Fr.)	19:51.8	Northridge Invitational	Oct. 16
6. Sara Beyers (Jr.)	19:53.0	65th Aztec Invitational	Sept. 19
7. Michelle Martinez (Jr.)	20:04.0	65th Aztec Invitational	Sept. 19
8. Jordan Davis (Fr.)	20:08.0	65th Aztec Invitational	Sept. 19
9. Josefina Koskinen (So.)	20:15.0	65th Aztec Invitational	Sept. 19
10. Josefina Koskinen (So.)	20:21.7	Northridge Invitational	Oct. 16

2009 TOP 10 TIMES -- 6K (WITHOUT REPLACEMENT)

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Rachel Williams (Sr.)	22:39.9	MWC Championships	Oct. 31
2. Marianne Hogan (Fr.)	23:03.0	Stanford Invitational	Sept. 26
3. Jordan Davis (Fr.)	23:58.0	Stanford Invitational	Sept. 26
4. Josefina Koskinen (So.)	23:59.1	MWC Championships	Oct. 31
5. Sara Beyers (Jr.)	24:11.1	MWC Championships	Oct. 31
6. Michelle Martinez (Jr.)	24:23.1	MWC Championships	Oct. 31
7. Alma Escobar (Jr.)	24:39.0	Fullerton Opener	Sept. 5
8. Amy Brown (So.)	25:12.2	MWC Championships	Oct. 31
9. Melissa Bunn (So.)	26:00.4	Triton Classic	Oct. 10
10. Makenzie Mabry (Sr.)	26:34.3	Triton Classic	Oct. 10

2009 TOP 10 TIMES -- 6K (WITH REPLACEMENT)

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Rachel Williams (Sr.)	22:39.9	MWC Championships	Oct. 31
2. Marianne Hogan (Fr.)	23:03.0	Stanford Invitational	Sept. 26
3. Rachel Williams (Sr.)	23:09.2	Triton Classic	Oct. 10
4. Rachel Williams (Sr.)	23:50.0	Stanford Invitational	Sept. 26
5. Marianne Hogan (Fr.)	23:51.8	Triton Classic	Oct. 10
6. Marianne Hogan (Fr.)	23:52.0	Fullerton Opener	Sept. 5
7. Rachel Williams (Sr.)	23:53.5	Fullerton Opener	Sept. 5
8. Jordan Davis (Fr.)	23:58.0	Stanford Invitational	Sept. 26
9. Josefina Koskinen (So.)	23:59.1	MWC Championships	Oct. 31
10. Sara Beyers (Jr.)	24:11.1	MWC Championships	Oct. 31

2009 SDSU CROSS COUNTRY RECORD BOOK

ALL-TIME TOP 10 TIMES -- 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
1. Monica Joyce	16:28.90	District 8 Championships	1981
2. Lynn Kanuka	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 Kanuka	17:07.30	WCAA Championships	1981
8. Eva Enstrom	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

ALL-TIME TOP 10 TIMES -- 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
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