

2014 Inland Empire Championships

Hosted by: Lewis-Clark State College

October 18, 2014

WOMEN'S OVERALL INDIVIDUAL RESULTS - 5K

Place	No.	TmPl	Name	Sex	Team	Time	Pace
1.	543		Alycia Butterworth	F		16:24	5:18
2.	405	1	Emma Cook-Clarke	F	U. Calgary	16:39	5:22
3.	566		Jess Mildes	F		16:42	5:23
4.	551		Megan Rolland	F	Oiselle	16:43	5:24
5.	298	2	Amelia Evans	F	Gonzaga	16:52	5:27
6.	357	3	Sierra Speiker	F	Idaho	17:05	5:31
7.	304	4	Shelby Mills	F	Gonzaga	17:08	5:32
8.	254	5	Lila Klopfenstein	F	College Of Idaho	17:10	5:33
9.	369	6	Keli Dennehy	F	Montana	17:11	5:33
10.	564		Maggie Jones	F		17:12	5:33
11.	409	7	Sarah MacArthur	F	U. Calgary	17:22	5:36
12.	550		Erica Richardson	F		17:27	5:38
13.	471	8	Rachel Cundy	F	Lewis-Clark State	17:27	5:38
14.	257	9	Amy Pfaff	F	College Of Idaho	17:32	5:40
15.	548		Halie Raudenbush	F		17:32	5:40
16.	467	10	Nicole Dillavou	F	Lewis-Clark State	17:33	5:40
17.	370	11	Heather Fraley	F	Montana	17:37	5:41
18.	435	12	Ashlie Standow	F	Washington St.	17:38	5:42
19.	296	13	Erin Bergmann	F	Gonzaga	17:38	5:42
20.	355	14	Alex Sciocchetti	F	Idaho	17:39	5:42
21.	371	15	Christina Seas	F	Montana	17:40	5:42
22.	565		Katy Culver	F		17:44	5:44
23.	372	16	Lauryn Wate	F	Montana	17:48	5:45
24.	469	17	Sophie Bush	F	Lewis-Clark State	17:51	5:46
25.	545		Sora Klopfenstein	F	Idtc	17:52	5:46
26.	354	18	Marquita Palmer	F	Idaho	17:55	5:47
27.	478	19	Katrina Nolan	F	Lewis-Clark State	17:59	5:48
28.	351	20	Abby Larson	F	Idaho	18:00	5:49
29.	353	21	Valerie Mitchell	F	Idaho	18:03	5:50
30.	373	22	Carly Wilczynski	F	Montana	18:05	5:50
31.	431	23	Abby Knight	F	Washington St.	18:07	5:51
32.	270	24	McKenzie Evans	F	Eastern Oregon	18:08	5:51
33.	387	25	Becca Mildes	F	Spokane Cc	18:10	5:52
34.	403	26	Sydney Banister	F	U. Calgary	18:15	5:53
35.	356	27	Alex Siemens	F	Idaho	18:17	5:54
36.	309	28	Jordan Thurston	F	Gonzaga	18:19	5:55
37.	246	29	Jocelyn Allen	F	College Of Idaho	18:23	5:56
38.	349	30	Emma Balazs	F	Idaho	18:24	5:56
39.	299	31	Olivia Evans	F	Gonzaga	18:25	5:57
40.	383	32	Sara Fristoe	F	Spokane Cc	18:26	5:57
41.	573		Jessica Bailey	F		18:27	5:58
42.	368	33	Emily Cheroske	F	Montana	18:30	5:58
43.	468	34	Katie Dillavou	F	Lewis-Clark State	18:33	5:59
44.	307	35	Elena Slavoski	F	Gonzaga	18:33	5:59
45.	255	36	Ruth Lewinski	F	College Of Idaho	18:35	6:00
46.	470	37	Ashlie Renfro	F	Lewis-Clark State	18:35	6:00
47.	300	38	Alison Fraher	F	Gonzaga	18:37	6:00
48.	406	39	Ariana Dirk	F	U. Calgary	18:37	6:01
49.	350		Ally Ginther	F	Idaho	18:38	6:01
50.	386	40	Gracie Ledwith	F	Spokane Cc	18:38	6:01
51.	542		Nicole Brist	F	Great Falls Tc	18:39	6:01
52.	272	41	Rachel Roelle	F	Eastern Oregon	18:40	6:02
53.	381	42	Mariah Brenton	F	Spokane Cc	18:43	6:02
54.	385	43	Amanda Kinzel	F	Spokane Cc	18:44	6:03
55.	477	44	Katie Strong	F	Lewis-Clark State	18:45	6:03

56.	335	45	Claudia Hewston	F	Great Falls	18:50	6:05
57.	473		Angela Knishka	F	Lewis-Clark State	18:51	6:05
58.	313		Christina Winters	F	Gonzaga	18:56	6:07
59.	252	46	Rachel Hamre	F	College Of Idaho	18:59	6:08
60.	428	47	Alexys Garcia	F	Washington St.	18:59	6:08
61.	302		Julie Henling	F	Gonzaga	18:59	6:08
62.	382	48	Megan Fristoe	F	Spokane Cc	19:00	6:08
63.	287	49	Katie Lynch	F	Eastern Washington	19:01	6:09
64.	388	50	Leah Rife-Dupuy	F	Spokane Cc	19:02	6:09
65.	295		Emily Anderson	F	Gonzaga	19:05	6:10
66.	249	51	Ashtyn Ellis	F	College Of Idaho	19:06	6:10
67.	311		Christina Tyson	F	Gonzaga	19:07	6:10
68.	250	52	Angeline Getty	F	College Of Idaho	19:09	6:11
69.	305		Corrine Murray	F	Gonzaga	19:11	6:12
70.	476		Ariel Jensen	F	Lewis-Clark State	19:13	6:12
71.	430	53	Amanda Henderson	F	Washington St.	19:14	6:12
72.	432	54	Mallori Lindberg	F	Washington St.	19:14	6:13
73.	294		Jenny Albrecht	F	Gonzaga	19:14	6:13
74.	303		Addi Johnson	F	Gonzaga	19:16	6:13
75.	271	55	Hailee Hollingsworth	F	Eastern Oregon	19:16	6:13
76.	253		Emily Hawgood	F	College Of Idaho	19:17	6:13
77.	408	56	Katie Girgulis	F	U. Calgary	19:27	6:17
78.	273	57	Jodine Steemers	F	Eastern Oregon	19:28	6:17
79.	389		Elizabeth Smith	F	Spokane Cc	19:31	6:18
80.	297		Megan Chucka	F	Gonzaga	19:34	6:19
81.	248		Annelise Eagleton	F	College Of Idaho	19:38	6:20
82.	301		Claren Fraher	F	Gonzaga	19:40	6:21
83.	306		Maggie Riley	F	Gonzaga	19:46	6:23
84.	574		Megan Franz	F		19:55	6:26
85.	410	58	Gemma Sleik	F	U. Calgary	19:59	6:27
86.	338	59	Mariah Naegeli	F	Great Falls	19:59	6:27
87.	472		Jess Peterson	F	Lewis-Clark State	20:00	6:28
88.	308		Molly Stroosma	F	Gonzaga	20:08	6:30
89.	289	60	Brittney Swanson	F	Eastern Washington	20:10	6:31
90.	384		Kaylee Jackson	F	Spokane Cc	20:15	6:32
91.	433	61	Ramona Morshead	F	Washington St.	20:16	6:33
92.	334	62	Tessa Cowan	F	Great Falls	20:19	6:34
93.	339	63	Alexis Rickets	F	Great Falls	20:26	6:36
94.	251		Hailey Goode	F	College Of Idaho	20:27	6:36
95.	286	64	Cynthia Guzman	F	Eastern Washington	20:29	6:37
96.	285	65	Michaela Chucka	F	Eastern Washington	20:29	6:37
97.	475		Tia Carnahan	F	Lewis-Clark State	20:29	6:37
98.	407	66	Madison Fullerton	F	U. Calgary	20:34	6:38
99.	442	67	Allie Donahue	F	Whitman	20:36	6:39
100.	247		McKenzie Bell	F	College Of Idaho	20:38	6:40
101.	402		Melissa Avila-Chavez	F	U. Calgary	20:40	6:40
102.	440	68	Jillian Colwell	F	Whitman	20:44	6:42
103.	474		Natasha Wilson	F	Lewis-Clark State	20:44	6:42
104.	337	69	Katie Monaco	F	Great Falls	20:49	6:43
105.	274	70	Kailey Wilson	F	Eastern Oregon	20:49	6:43
106.	288	71	Danie Moon	F	Eastern Washington	21:00	6:47
107.	412		Scarlett Zhu	F	U. Calgary	21:02	6:47
108.	268	72	Vanessa Church	F	Eastern Oregon	21:03	6:48
109.	444	73	Lindsay Hodgson	F	Whitman	21:06	6:49
110.	269	74	Yunmee Crossler-Laird	F	Eastern Oregon	21:10	6:50
111.	554		Angela Stafford	F		21:12	6:51
112.	445	75	Julie Kitzerow	F	Whitman	21:18	6:53
113.	352		Helga Machleidt	F	Idaho	21:22	6:54
114.	546		Audrey Love	F		21:26	6:55
115.	447	76	Meghan Malloy	F	Whitman	21:31	6:57
116.	448	77	Lindsay Ross	F	Whitman	21:36	6:58
117.	443	78	Ellie Finnegan	F	Whitman	21:43	7:01
118.	256		Kristin Niemi	F	College Of Idaho	21:57	7:05

119.	411		Kendra Wasylycia	F	U. Calgary	22:12	7:10
120.	336	79	Angela Martinez	F	Great Falls	22:38	7:18
121.	446		Jenna Lea	F	Whitman	22:40	7:19
122.	441		Sophie Connely	F	Whitman	23:56	7:44

WOMEN NON DIVISION 1 TEAM RESULTS

Place	Score	Team	(Total, Average, Pack Times)
1.	39	Lewis-Clark State	(1:29:20, 17:51.89, 1:06)
	4	6 7 8 14 (16) (22)	
		Rachel Cundy, Nicole Dillavou, Sophie Bush, Katrina Nolan, Katie Dillavou, Ashlie Renfro, Katie Strong	
2.	58	College Of Idaho	(1:30:36, 18:07.01, 1:49)
	2	5 12 15 24 (27) (28)	
		Lila Klopfenstein, Amy Pfaff, Jocelyn Allen, Ruth Lewinski, Rachel Hamre, Ashtyn Ellis, Angeline Getty	
3.	62	U. Calgary	(1:30:17, 18:03.23, 2:49)
	1	3 11 17 30 (32) (36)	
		Emma Cook-Clarke, Sarah MacArthur, Sydney Banister, Ariana Dirk, Katie Girgulis, Gemma Sleik, Madison Fullerton	
4.	82	Spokane Cc	(1:32:38, 18:31.53, 0:35)
	10	13 18 20 21 (25) (26)	
		Becca Mildes, Sara Fristoe, Gracie Ledwith, Mariah Brenton, Amanda Kinzel, Megan Fristoe, Leah Rife-Dupuy	
5.	128	Eastern Oregon	(1:36:20, 19:15.88, 2:41)
	9	19 29 31 40 (41) (43)	
		McKenzie Evans, Rachel Roelle, Hailee Hollingsworth, Jodine Steemers, Kailey Wilson, Vanessa Church, Yunmee Crossler-Laird	
6.	164	Great Falls	(1:40:22, 20:04.21, 1:59)
	23	33 34 35 39 (48)	
		Claudia Hewston, Mariah Naegeli, Tessa Cowan, Alexis Rickets, Katie Monaco, Angela Martinez	
7.	206	Whitman	(1:45:14, 21:02.64, 0:55)
	37	38 42 44 45 (46) (47)	
		Allie Donahue, Jillian Colwell, Lindsay Hodgson, Julie Kitzerow, Meghan Malloy, Lindsay Ross, Ellie Finnegan	

WOMEN DIVISION 1 TEAM RESULTS

Place	Score	Team	(Total, Average, Pack Times)
1.	42	Montana	(1:28:19, 17:39.63, 0:55)
	4	5 9 10 14 (20)	
		Keli Dennehy, Heather Fraley, Christina Seas, Lauryn Wate, Carly Wilczynski, Emily Cheroske	
2.	46	Idaho	(1:28:40, 17:43.89, 0:58)
	2	8 11 12 13 (16) (18)	
		Sierra Speiker, Alex Sciocchetti, Marquita Palmer, Abby Larson, Valerie Mitchell, Alex Siemens, Emma Balazs	
3.	47	Gonzaga	(1:28:21, 17:40.09, 1:33)
	1	3 7 17 19 (21) (22)	
		Amelia Evans, Shelby Mills, Erin Bergmann, Jordan Thurston, Olivia Evans, Elena Slavoski, Alison Fraher	

4. 95 Washington St. (1:33:08, 18:37.58, 1:37)
6 15 23 25 26 (28)
Ashlie Standow, Abby Knight, Alexys Garcia, Amanda Henderson,
Mallori Lindberg, Ramona Morshead

5. 141 Eastern Washington (1:41:07, 20:13.23, 1:59)
24 27 29 30 31
Katie Lynch, Brittney Swanson, Cynthia Guzman, Michaela Chucka,
Danie Moon

