



# Women's CROSS COUNTRY

## 2005 INDIVIDUAL RESULTS

Overall individual finish followed by individual finish within team in parentheses.

	Central Dutch Inv.	St. Olaf Inv.	Augustana Inv.	Southern Ill.-Edwardsville Border States	Tori Neubauer Inv.	Iowa Conf. championship	NCAA D-III Central Regional
	<b>5K (9-3)</b>	<b>6K(9-17)</b>	<b>6K (9-23)</b>	<b>5K (10/8)</b>	<b>6K (10/15)</b>	<b>6K (10/29)</b>	<b>6K (11/12)</b>
Hannah Anderson	21:34 12th (6th)	28:08 208th (8th)	25:14 173rd (6th)	22:16 164th (8th)	26:40 266th (8th)	26:54* 26th	DNC
Amy Boesenberg	23:27 21st (8th)	27:26 177th (7th)	25:54 215th (9th)	21:59 151st (7th)	26:35 263rd (7th)	26:48 48th (7th)	27:19 129th (7th)
Jessica Clark	<b>21:17</b> <b>8th (4th)</b>	<b>25:52</b> <b>94th (3rd)</b>	<b>24:19</b> <b>109th (5th)</b>	<b>20:59</b> <b>115th (5th)</b>	<b>25:09</b> <b>182nd (4th)</b>	<b>25:21</b> <b>32nd (5th)</b>	<b>25:49</b> <b>101st (5th)</b>
Kari Hutchinson	DNC	DNC	DNF	DNC	DNC	DNC	DNC
Mackenzie Lauman	<b>21:26</b> <b>10th (5th)</b>	<b>26:11</b> <b>108th (5th)</b>	<b>23:58</b> <b>85th (4th)</b>	<b>20:40</b> <b>101st (4th)</b>	<b>25:48</b> <b>222nd (5th)</b>	<b>25:18</b> <b>31st (4th)</b>	<b>25:33</b> <b>91st (3rd)</b>
Chantelle MacVey	21:48 15th (7th)	26:59 151st (6th)	25:37 204th (8th)	DNC	DNF	27:07* 29th	DNC
Amy Morrison	DNC	DNC	32:41 328th (10th)	DNC	35:15 352nd (9th)	DNC	DNC
Amanda Petro	DNC	DNC	DNC	26:12 200th (9th)	DNF	32:12* 61st	DNC
Heidi Rathje	<b>21:08</b> <b>6th (3rd)</b>	<b>25:55</b> <b>96th (4th)</b>	<b>23:54</b> <b>79th (3rd)</b>	<b>20:15</b> <b>76th (3rd)</b>	<b>24:47</b> <b>156th (3rd)</b>	<b>24:30</b> <b>22nd (3rd)</b>	<b>25:01</b> <b>75th (1st)</b>
Jill Rozendaal	<b>18:53</b> <b>3rd (1st)</b>	<b>23:44</b> <b>12th (1st)</b>	<b>22:28</b> <b>16th (1st)</b>	<b>18:45</b> <b>11th (1st)</b>	<b>22:32</b> <b>18th (1st)</b>	<b>23:04</b> <b>6th (1st)</b>	<b>25:36</b> <b>95th (4th)</b>
Nicki Thomas	<b>20:32</b> <b>4th (2nd)</b>	<b>24:29</b> <b>38th (2nd)</b>	<b>23:05</b> <b>38th (2nd)</b>	<b>20:03</b> <b>65th (2nd)</b>	<b>24:20</b> <b>133rd (2nd)</b>	<b>24:15</b> <b>19th (2nd)</b>	<b>25:09</b> <b>81st (2nd)</b>
Amanda Wood	DNC	28:14 212th (9th)	25:30 191st (7th)	21:28 131st (6th)	26:07 237th (6th)	25:41 38th (6th)	26:37 116th (6th)
<b>Team finish</b>	1st of 3	8th of 18	8th of 27	9th of 22	18th of 22	3rd of 9	16th of 23
<b>Points</b>	24	256	278	276	490	110	438
<b>Spread</b>	2:34	2:27	1:51	2:14	3:15	2:17	:48

Varsity team score counters in **bold**

\*Iowa Conference junior varsity race

## SEASON AND CAREER BESTS

### 5,000-meter career bests

Name	Time	Date	Site
*Jill Rozendaal	18:45	10-8-05	Border War Inv.-Edwardsville
Nicki Thomas	20:03	10-8-05	Border War Inv.-Edwardsville
Heidi Rathje	20:14	11-2-02	Iowa Conf.-Decorah
Mackenzie Lauman	20:25	10-2-04	Loyola Inv.-Chicago
Jessica Clark	20:59	10-8-05	Border War Inv.-Edwardsville
Amanda Wood	21:28	10-8-05	Border War Inv.-Edwardsville
Hannah Anderson	21:34	9-3-05	Central Inv.-Pella
Chantelle MacVey	21:48	9-3-05	Central Inv.-Pella
Amy Boesenberg	21:59	10-8-05	Border War Inv.-Edwardsville

\*13th on school all-time list

### 6,000-meter career bests

Name	Time	Date	Site
*Jill Rozendaal	22:28	9-23-05	Augustana Inv.-Davenport
Nicki Thomas	23:05	9-23-05	Augustana Inv.-Davenport
Heidi Rathje	23:54	9-23-05	Augustana Inv.-Davenport
Mackenzie Lauman	23:58	9-23-05	Augustana Inv.-Davenport
Jessica Clark	24:19	9-23-05	Augustana Inv.-Davenport
Hannah Anderson	25:14	9-23-05	Augustana Inv.-Davenport
Amanda Wood	25:30	9-23-05	Augustana Inv.-Davenport
Chantelle MacVey	25:37	9-23-05	Augustana Inv.-Davenport
Amy Boesenberg	25:54	9-23-05	Augustana Inv.-Davenport
Amy Morrison	32:41	9-23-05	Augustana Inv.-Davenport

\*second on school all-time list

### 6,000-meter season bests

Name	Time	Date	Site
Jill Rozendaal	22:28	9-23-05	Augustana Inv.-Davenport
Nicki Thomas	23:05	9-23-05	Augustana Inv.-Davenport
Heidi Rathje	23:54	9-23-05	Augustana Inv.-Davenport
Mackenzie Lauman	23:58	9-23-05	Augustana Inv.-Davenport
Jessica Clark	24:19	9-23-05	Augustana Inv.-Davenport
Hannah Anderson	25:14	9-23-05	Augustana Inv.-Davenport
Amanda Wood	25:30	9-23-05	Augustana Inv.-Davenport
Chantelle MacVey	25:37	9-23-05	Augustana Inv.-Davenport
Amy Boesenberg	25:54	9-23-05	Augustana Inv.-Davenport
Amy Morrison	32:41	9-23-05	Augustana Inv.-Davenport

### Top 6,000-meter times

#### Individual

Name	Time	Date	Site
1. Jill Rozendaal	22:28	9-23-05	Augustana Inv.-Davenport
2. Jill Rozendaal	22:32	10-15-05	Tori Neubauer-West Salem
3. Jill Rozendaal	23:04	10-29-05	IIAC Champ.-Cedar Rapids
4. Nicki Thomas	23:05	9-23-05	Augustana Inv.-Davenport
5. Jill Rozendaal	23:44	9-17-05	St. Olaf Inv.-Northfield, Minn.
6. Heidi Rathje	23:54	9-23-05	Augustana Inv.-Davenport
7. Mackenzie Lauman	23:58	9-23-05	Augustana Inv.-Davenport
8. Nicki Thomas	24:15	10-29-05	IIAC Champ.-Cedar Rapids
9. Jessica Clark	24:19	9-23-05	Augustana Inv.-Davenport
10. Nicki Thomas	24:20	10-15-05	Tori Neubauer-West Salem

#### Team

No.	(average time of top five)	Meet
1.	20:08 (5K)	Border War Inv.-Edwardsville III.
2.	20:39 (5K)	Central Inv.-Pella
3.	23:32 (6K)	Augustana Inv.-Davenport
4.	24:30 (6K)	Iowa Conference-Cedar Rapids
5.	24:32 (6K)	Tori Neubauer Inv.-West Salem, Wis.
6.	25:15 (6K)	St. Olaf Inv.-Northfield, Minn.
7.	25:26 (6K)	NCAA D-III Central Regional-Waverly

### Best team score

No.	Score (no. of teams)	Meet
1.	24 (3 teams)	Central Inv.-Pella
2.	110 (9 teams)	Iowa Conference-Cedar Rapids
3.	256 (18 teams)	St. Olaf Inv.-Northfield, Minn.
4.	276 (22 teams)	Border War Inv.-Edwardsville III.
5.	278 (27 teams)	Augustana Inv.-Davenport
6.	438 (23 teams)	NCAA D-III Central Regional-Waverly
7.	490 (22 teams)	Tori Neubauer Inv.-West Salem, Wis.

### Best spread

No.	Top five spread	Meet
1.	:48	NCAA D-III Central Regional-Waverly
2.	1:51	Augustana Inv.-Davenport
3.	2:14	Border War Inv.-Edwardsville III.
4.	2:17	Iowa Conference-Cedar Rapids
5.	2:27	St. Olaf Inv.-Northfield, Minn.
6.	2:34	Central Inv.-Pella
7.	3:15	Tori Neubauer Inv.-West Salem, Wis.

### Top finishes

#### Individual

No.	Finish	Name (time)	Meet
1.	3rd of 26	Jill Rozendaal (18:53)	Central Inv.-Pella
2.	4th of 26	Nicki Thomas (20:32)	Central Inv.-Pella
3.	6th of 26	Heidi Rathje (21:08)	Central Inv.-Pella
3.	6th of 59	Jill Rozendaal (23:04)	IIAC Champ.-Cedar Rapids
5.	8th of 26	Jessica Clark (21:17)	Central Inv.-Pella

#### Team

No.	Finish (teams)	Meet (distance)	Date
1.	1st (3 teams)	Central Inv. (5K)	Sept. 3
2.	3rd (9 teams)	Iowa Conference (6K)	Oct. 29
3.	8th (18 teams)	St. Olaf Inv. (6K)	Sept. 17
4.	8th (27 teams)	Augustana Inv. (6K)	Sept. 23
5.	9th (22 teams)	Border War Inv. (5K)	Oct. 8
6.	16th (23 teams)	Central Regional (6K)	Nov. 12
7.	18th (22 teams)	Tori Neubauer Inv. (6K)	Oct. 15

# MEET RESULTS

**Sept. 3, 2005**

**Central Dutch Invitational  
at Pella, Iowa  
Central College cross country course  
5,000 meters**

**Team standings**

1. **Central 24**; 2. Simpson 49; 3. William Penn 61.

**Individual finishes (26 runners)**

1.	Kristy Feldman, unattached	18:41
3.	Jill Rozendaal, Central	18:53
4.	Nicki Thomas, Central	20:32
6.	Heidi Rathje, Central	21:08
8.	Jessica Clark, Central	21:17
10.	Mackenzie Lauman, Central	21:26
12.	Hannah Anderson, Central	21:34
15.	Chantelle MacVey, Central	21:48
21.	Amy Boesenberg, Central	23:27

**Sept. 17, 2005**

**St. Olaf Invitational  
at Northfield, Minn.  
St. Olaf College cross country course  
6,000 meters**

**Team standings**

1. St. Olaf (Minn.) 71; 2. Macalester (Minn.) 72; 3. Wis-Eau Claire 106; 4. Gustavus Adolphus (Minn.) 109; 5. Carleton (Minn.) 119; 6. Minn. State-Mankato 189; 7. Wis-Stout 200; **8. Central 256**; 9. Wis-River Falls 260; 10. Minn.Duluth 300; 11. Minn. State-Moorhead 309; 12. St. Catherine (Minn.) 320; 13. Augsburg (Minn.) 329; 14. Winona State (Minn.) 419; 15. Martin Luther (Minn.) 421; 16. North Central (Minn.) 442; 17. Iowa Lakes 565; 18. Crown (Minn.) 578.

**Individual finishes**

1.	Hailey Harren, St. Olaf (Minn.)	22:10
12.	Jill Rozendaal, Central	23:44
38.	Nicki Thomas, Central	24:29
94.	Jessica Clark, Central	25:52
96.	Heidi Rathje, Central	25:55
108.	Mackenzie Lauman, Central	26:11
151.	Chantelle MacVey, Central	26:59
177.	Amy Boesenberg, Central	27:26
208.	Hannah Anderson, Central	28:08
212.	Amanda Wood, Central	28:14

**Sept. 23, 2005**

**Augustana Invitational  
at Davenport  
Credit Island cross country course  
6,000 meters**

**Team standings**

1. Olivet Nazarene (Ill.) 60; 2. Chicago (Ill.) 65; 3. Wis-Parkside 85; 4. Wheaton (Ill.) 129; 5. Grinnell 168; 6. Carthage (Wis.) 182; 7. North Central (Ill.) 268; **8. Central 278**; 9. Illinois Wesleyan 283; 10. Augustana (Ill.) 292; 11. Coe 320; 12. Elmhurst (Ill.) 384; 13. Cornell 387; 14. Simpson 409; 15. Mount Mercy 422; 16. Greenville (Ill.) 424; 17. St. Ambrose 447; 18. Dordt 464; 19. Iowa Central 500; 20. Millikin (Ill.) 537; 21. Ripon (Wis.) 577; 22. North Iowa CC 597; 23. Lincoln (Ill.) 657; 24. Saint Xavier (Ill.) 702; 25. Dubuque 779; 26. Principia (Ill.) 792; 27. Carl Sandburg (Ill.) 828.

**Individual finishes**

1.	Jaime Turilli, Illinois XC Club	20:19
16.	Jill Rozendaal, Central	22:28

38.	Nicki Thomas, Central	23:05
79.	Heidi Rathje, Central	23:54
85.	Mackenzie Lauman, Central	23:58
109.	Jessica Clark, Central	24:19
173.	Hannah Anderson, Central	25:14
191.	Amanda Wood, Central	25:30
204.	Chantelle MacVey, Central	25:37
215.	Amy Boesenberg, Central	25:54
328.	Amy Morrison, Central	32:41

**Oct. 8, 2005**

**Border War Invitational  
at Edwardsville, Ill.  
Southern Illinois-Edwardsville cross country course  
5,000 meters**

**Team standings**

1. Washington (Mo.) 78; 2. Depauw (Ind.) 106; 3. Central Missouri State 125; 4. Missouri Southern State 140; 5. Indianapolis (Ind.) 145; 6. Truman State (Mo.) 167; 7. Emporia State (Kan.) 180; 8. Paradise Valley (Ariz.) 204; **9. Central 276**; 10. Southwest Baptist (Mo.) 291; 11. Wis.-Whitewater 294; 12. Lindenwood (Mo.) 309; 13. Southern Ill.-Edwardsville 374; 14. Lewis (Ill.) 383; 15. Missouri Baptist 397; 16. Central Methodist (Mo.) 428; 17. Mo.-Rolla 450; 18. Missouri Valley 507; 19. Millikin (Ill.) 509; 20. Lincoln (Ill.) 513; 21. Webster (Mo.) 617; 22. McKendree (Ill.) 635.

**Individual finishes**

1.	Kristin Anderson, unattached	17:38
11.	Jill Rozendaal, Central	18:45
65.	Nicki Thomas, Central	20:03
76.	Heidi Rathje, Central	20:15
101.	Mackenzie Lauman, Central	20:40
115.	Jessica Clark, Central	20:59
131.	Amanda Wood, Central	21:28
151.	Amy Boesenberg, Central	21:59
164.	Hannah Anderson, Central	22:16
200.	Amanda Petro, Central	26:12

**Oct. 15, 2005**

**Tori Neubauer Invitational  
at West Salem, Wis.  
Univ. of Wis.-La Crosse cross country course  
6,000 meters**

**Team standings**

1. Wis.-La Crosse 72; 2. South Dakota State 80; 3. Cal-Riverside 121; 4. Wis-Eau Claire 159; 5. Macalester (Minn.) 199; 6. St. Olaf (Minn.) 200; 7. Nebraska Wesleyan 211; 8. Wartburg 215; 9. Iowa State 222; 10. Gustavus Adolphus (Minn.) 260; 11. Minnesota 301; 12. Luther 310; 13. Wis.-Platteville 324; 14. Hamline (Minn.) 403; 15. Illinois Wesleyan 444; 16. North Dakota State 460; 17. Minn.-Duluth 488; **18. Central 490**; 19. Saint Mary's (Minn.) 559; 20. Wisconsin Track Club 563; 21. Saint Catherine (Minn.) 629; 22. Winona State (Minn.) 633.

**Individual finishes**

1.	Julia Rudd, Wis.-La Crosse	21:37
18.	Jill Rozendaal, Central	22:32
133.	Nicki Thomas, Central	24:20
156.	Heidi Rathje, Central	24:47
182.	Jessica Clark, Central	25:09
222.	Mackenzie Lauman, Central	25:48
237.	Amanda Wood, Central	26:07
263.	Amy Boesenberg, Central	26:35
266.	Hannah Anderson, Central	26:40
352.	Amy Morrison, Central	35:15

**Oct. 29, 2005**

**Iowa Conference Championship**

**at Cedar Rapids**

**Jones Park**

**6,000 meters**

**Team standings**

1. Wartburg 40; 2. Luther 49; **3. Central 110**; 4. Coe 128; 5. Simpson 131; 6. Loras 140; 7. Cornell 147; 8. Dubuque 234; 9. Buena Vista 243.

**Individual finishes**

1.	Jen Wendt, Simpson	22:28
6.	Jill Rozendaal, Central	23:04
19.	Nicki Thomas, Central	24:15
22.	Heidi Rathje, Central	24:30
31.	Mackenzie Lauman, Central	25:18
32.	Jessica Clark, Central	25:21
38.	Amanda Wood, Central	25:41
48.	Amy Boesenber, Central	26:48

**Junior varsity finishes**

1.	Marcy Rahn, Wartburg	23:37
26.	Hannah Anderson, Central	26:54
29.	Chantelle MacVey, Central	27:07
61.	Amanda Petro, Central	32:12

**Nov. 12, 2005**

**NCAA Division III Central Regional**

**at Waverly**

**Waverly Golf and Country Club**

**6,000 meters**

**Team standings**

1. Wartburg 102; 2. Carleton (Minn.) 107; 3. St. Thomas (Minn.) 139; 4. Macalester (Minn.) 140; 5. Nebraska Wesleyan 145; 6. Gustavus Adolphus (Minn.) 164; 7. Luther 173; 8. St. Olaf (Minn.) 179; 9. Grinnell 268; 10. St. Benedict (Minn.) 282; 11. Concordia (Minn.) 321; 12. Hamline (Minn.) 329; 13. Bethel (Minn.) 411; 14. St. Mary's (Minn.) 416; 15. Loras 437; **16. Central 438**; 17. Simpson 443; 18. Coe 460; 19. Augsburg (Minn.) 485; 20. St. Catherine (Minn.) 527; 21. Cornell 542; 22. Martin Luther (Minn.) 582; 23. Clarke 721.

**Individual finishes**

1.	Hailey Harren, Gustavus Adolphus	21:46
75.	Heidi Rathje, Central	25:01
81.	Nicki Thomas, Central	25:09
91.	Mackenzie Lauman, Central	25:33
95.	Jill Rozendaal, Central	25:36
101.	Jessica Clark, Central	25:49
116.	Amanda Wood, Central	26:37
129.	Amy Boesenber, Central	27:19

## HONORS AND AWARDS

### Honors

#### All-Iowa Conference team

Jill Rozendaal (6th)

#### Academic all-Iowa Conference team

Kari Hutchinson (undeclared, 3.59)

Jill Rozendaal (Spanish, 3.80)

#### USTFCCCA All-Academic Team Award

Central--3.33 team GPA (3rd straight year)

### Team honors and awards

#### Varsity letterwinners

Hannah Anderson	Fr.	First letter
Amy Boesenberg	Fr.	First letter
Jessica Clark	Fr.	First letter
Mackenzie Lauman	Sr.	Fourth letter
Chantelle MacVey	Fr.	First letter
Heidi Rathje	Sr.	Fourth letter
Jill Rozendaal	Sr.	Fourth letter
Nicki Thomas	Fr.	First letter
Amanda Wood	Sr.	Fourth letter

#### Reserve awards

Kari Hutchinson	So.
Amy Morrison	Jr.

### Freshman awards

Amanda Petro Fr.

#### Most Valuable Performer Award

Jill Rozendaal

#### Most Improved Performer Award

Heidi Rathje

#### Most Valuable Freshman Award

Nicki Thomas

### 2005 captains

Mackenzie Lauman, Jill Rozendaal

## FINAL 2005 ROSTER

Name	Class	Hometown	High school
*Hannah Anderson	Fr.	Goodell, Iowa	Garner-Hayfield
*Amy Boesenberg	Fr.	Cedar Rapids, Iowa	Alburnett
*Jessica Clark	Fr.	Port Byron, Ill.	Riverdale
Kari Hutchinson	So.	Charles City	Charles City
***Mackenzie Lauman	Sr.	Shenandoah, Iowa	Shenandoah-Essex
*Chantelle MacVey	Fr.	Newton, Iowa	Newton
Amy Morrison	Jr.	Middle Amana, Iowa	Iowa Valley
Amanda Petro	Fr.	Naples, Fla.	Barron Collier
***Heidi Rathje	Sr.	Atkins, Iowa	Benton
***Jill Rozendaal	Sr.	Grinnell, Iowa	Lynnville-Sully
*Nicki Thomas	Fr.	Omaha, Neb.	Millard North
***Amanda Wood	Sr.	Pocahontas, Iowa	Pocahontas

Head coach: Jeff Bovee

Assistants: Guy Mosher, Stephen Fyfe