

# 2010 MIDWEST CONFERENCE CHAMPIONS



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## SNC WOMEN WIN MIDWEST CONFERENCE CHAMPIONSHIP WITH A DOMINATING TEAM EFFORT

St. Norbert College won the Midwest Conference women's cross country championship for the first time since 2003 with a stellar team performance at Gibson Woods Golf Course. St. Norbert put together a dominating team effort to win its fifth Midwest Conference title. The SNC women established a new school record at the MWC meet by scoring 31 points to finish well ahead of runner-up Monmouth College's 51 points.

Leading the way for the Green Knights was Senior Jenny Scherer. Scherer, who is unbeaten in 6 races this Fall, won her second MWC individual title to go along with her 2008 championship. Scherer becomes just the 6th Midwest Conference female to win two individual titles (SNC alum Julie Deyo is also a member of this group). Setting a new PR, Scherer covered the 6-kilometer course with ease, finishing with a time of 21:05.97. Her time was nearly 50 seconds faster than Monmouth's Mary Kate Beyer who was second at 21:53.

Amanda Whipple and Kelsey Timm both earned their second MWC All conference awards finishing fourth and ninth respectively. Whipple, who was 5th last year, set a new PR by eclipsing the 23 minute barrier for the Green Knights with a time of 22:57.88. Timm, who was 9th as a freshman, missed most of the 2008 campaign while recovering from an injury. However, she is back to her old form once again and placed in the top 10 with a new PR of 23:25.80.

Earning their first All Conference honors were Carrie Trina and Hannah Andrekus. Trina was sixth in 23:15.68 while Andrekus completed the St. Norbert scoring with an 11th-place finish in 23:36.62. Just missing the top 20 were Sara Hasenjager and Elvia Martinez. However, both ladies set new season PR's. Hasenjager had St. Norbert's sixth-best time with a 24th-place finish in 24:14.70 and Martinez was 27th overall with a finish of 24:20.21.

In addition to establishing the lowest score ever by a St. Norbert team at the MWC Conference meet, this is the first time that the SNC women put all five of their scoring runners on the All-Conference team. The Green Knights, who are currently ranked 8th in the Midwest Region, will look to become the first team to qualify for the NCAA Championships in less than two weeks.



## ***SNC MEN HAVE THREE ALL-CONFERENCE RUNNERS***



St. Norbert College finished in fifth place, totaling 104 points, at the 2010 Midwest Conference Championship held at Gibson Woods Golf Course. The Green Knights who had 5 freshman, 1 sophomore and 1 senior in their top 7 will look to build off of this performance in the coming years. "It was a bitter-sweet ending", said senior co-captain Alex DeVillers, "we were hoping to finish in the top 3 but we just didn't have our best races of the season. We will definitely be seeking out Lawrence, Ripon and Monmouth at the Regional meet in a couple of weeks!"

As has been the case numerous times in the past three seasons, Alex DeVillers was St. Norbert's best finisher with a time of 26:24.51 to finish in 15th place. This marks the third time that DeVillers has achieved All-Conference status after just missing it his freshman year. He joins a very small group of SNC runners to earn that distinction three times in his collegiate career.

Following close behind, and earning their first All-Conference honors, were sophomore Seth Hawkins and freshman Alex Kimble. Hawkins was 19th with a time of 26:38.13, and Kimble had virtually the same time(26:38.35) to finish in 20th.

The next four finishers for St. Norbert were all freshman. Leading the way was Mike Linzmeier who was 24th with a time of 27:01. Matt Reynders finished the Green Knights' scoring with a 34th-place finish in 27:18. Rounding out the top seven for the SNC men were Nathan Heppe and James Gilbertson. Heppe was St. Norbert's sixth finisher with a time of 27:40 to finish 42nd overall. Gilbertson was right behind in 43rd place with a time of 27:42.



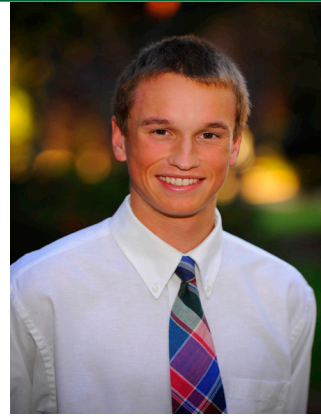
# ALL CONFERENCE HONOREES



**Alex DeVillers**  
*Senior*  
Brookfield Academy  
3 time All MWC



**Seth Hawkins**  
*Sophomore*  
Marinette H.S.  
1 time All MWC



**Alex Kimble**  
*Freshman*  
Southwest H.S.  
1 time All MWC



**Jenny Scherer**  
*Senior*  
Delavan H.S.  
4 time All MWC



**Kelsey Timm**  
*Junior*  
Lake Country Lutheran H.S.  
2 time All MWC



**Amanda Whipple**  
*Sophomore*  
Marshfield H.S.  
2 time All MWC



**Carrie Trina**  
*Freshman*  
Pulaski H.S.  
1 time All MWC



**Hannah Andrekus**  
*Freshman*  
Westosha Central H.S.  
1 time All MWC



# SNC ALL CONFERENCE HISTORY



## A Closer Look...

### St. Norbert Cross Country runners finishing their careers with Three of Four All-Conference Awards

#### Four Time All Midwest Conference- Chronological Order

<u>Name</u>	<u>Years</u>	<u>Finish Places</u>
Sue Lindsley	1985, 86, 87, 88	4, 5, 4, 6
Kim Sosnoski	1986, 87, 88, 89	4, 2, 6, 6
Colin McKean	2001, 02, 03, 04	8, 3, 7, 5
Jeff Pentek	2004, 05, 06, 07	16, 4, 2, 1
Jon O'Brien	2006, 07, 08, 09	15, 3, 14, 6
Jenny Scherer	2007, 08, 09, 10	4, 1, 2, 1

#### Three Time All Midwest Conference- Chronological Order

<u>Name</u>	<u>Years</u>	<u>Finish Places</u>
Bill Stenz	1983, 84, 85	6, 3, 2
Ginny Bohne	1983, 84, 85	14, 15, 9
A.J. Lemke	1993, 94, 95	10, 9, 7
Chris Mertens	1995, 96, 97	15, 10, 12
Julie Deyo	2000, 01, 02	14, 1, 1
Mindy Accola	2001, 02, 03	15, 5, 8
Aaron Roden	2007, 08, 09	4, 16, 12
Alex DeVillers	2008, 09, 10	6, 19, 15

## High Fives



### Brady Bemis

**Random Lake H.S. / Fr.**

Bemis, who has been in the top 8 all season, set a season PR by crossing the finish line in 27:49.33



### Jenny Roden

**Port Washington/ Fr.**

Jenny finished her freshman campaign with a 20 second PR as she crossed the tape in 26:19.90



### Luke Frommelt

**Wahlert Catholic H.S. / Fr.**

Frommelt finished his rookie campaign with a new PR of 30:33.29



### Elizabeth Hietpas

**Kimberly H.S. / Fr.**

Liz finished the season with a 15 second PR at the MWC Championships running a 25:12.84



### Stephanie Hietpas

**Kimberly H.S. / Fr.**

Steph just missed her goal of breaking the 26 minute barrier, but still set a new PR with a time of 26:02.84