



2009 Cross Country Season-Best Performance List



Amber Brunmeier

Date	Competition	Distance	Time	Finish
9/18	George Dales Invitational	6k	25:09.25	19th
10/3	Loyola Lake Front Invitational	5k	19:50	101st
10/9	Michigan Intercollegiates	5k	20:05.8	73rd
10/31	MAC Championships	6k	25:19.1	75th

Kelsey Burgess

Date	Competition	Distance	Time	Finish
9/4	Crusader Invitational	5k	19:07	7th\$
9/12	Mel Brodt Invitational	5k	18:58.6	18th
9/18	George Dales Invitational	6k	22:32.11	3rd
10/3	Loyola Lake Front Invitational	5k	19:22	57th
10/9	Michigan Intercollegiates	5k	19:59.8	70th
10/17	Pre-Nationals	6k	24:39.0	244th
10/31	MAC Championships	6k	25:07.8	71st
11/14	NCAA Regionals	6k	23:53.70	147th

Cara Cremeans

Date	Competition	Distance	Time	Finish
9/4	Crusader Invitational	5k	20:04	21st
9/12	Mel Brodt Invitational	5k	19:07.5	20th
9/18	George Dales Invitational	6k	23:20.65	10th
10/3	Loyola Lake Front Invitational	5k	19:07	46th
10/9	Michigan Intercollegiates	5k	19:05.4	32nd
10/17	Pre-Nationals	6k	23:37.1	214th
10/31	MAC Championships	6k	24:39.2	66th
11/14	NCAA Regionals	6k	24:02.13	154th

Kaitlyn Deatherage

Date	Competition	Distance	Time	Finish
9/4	Crusader Invitational	5k	22:57	50th
9/12	Mel Brodt Invitational	5k	21:51.9	114th
9/18	George Dales Invitational	6k	27:08.08	22nd

Molly Grube

Date	Competition	Distance	Time	Finish
9/4	Crusader Invitational	5k	21:46	42nd
9/12	Mel Brodt Invitational	5k	21:16.0	100th
9/18	George Dales Invitational	6k	26:08.43	21st
10/3	Loyola Lake Front Invitational	5k	21:25	214th
10/9	Michigan Intercollegiates	5k	21:29.8	130th
10/31	MAC Championships	6k	27:57.2	DNP

Erika Jensen

Date	Competition	Distance	Time	Finish
9/4	Crusader Invitational	5k	19:05	6th\$
9/12	Mel Brodt Invitational	5k	19:17.0	23rd
9/18	George Dales Invitational	6k	23:16.15	9th
10/3	Loyola Lake Front Invitational	5k	19:18	52nd
10/9	Michigan Intercollegiates	5k	18:59.2	26th
10/17	Pre-Nationals	6k	23:58.3	227th
10/31	MAC Championships	6k	24:48.2	68th
11/14	NCAA Regionals	6k	23:27.67	127th

Jenna Matthews

Date	Competition	Distance	Time	Finish
9/4	Crusader Invitational	5k	19:24	9th
9/18	George Dales Invitational	6k	23:02.15	6th
10/3	Loyola Lake Front Invitational	5k	18:59	35th
10/9	Michigan Intercollegiates	5k	19:04.0	30th
10/17	Pre-Nationals	6k	23:05.9	184th
10/31	MAC Championships	6k	24:10.8	47th
11/14	NCAA Regionals	6k	22:45.48	82nd

Jill Odom

Date	Competition	Distance	Time	Finish
9/4	Crusader Invitational	5k	19:51	17th
9/12	Mel Brodt Invitational	5k	19:31.5	39th
10/3	Loyola Lake Front Invitational	5k	19:48	98th
10/17	Pre-Nationals	6k	23:27.1	208th
10/31	MAC Championships	6k	24:21.8	54th
11/14	NCAA Regionals	6k	23:35.97	135th

Samantha Tomerlin

Date	Competition	Distance	Time	Finish
9/4	Crusader Invitational	5k	19:33	11th
9/18	George Dales Invitational	6k	22:28.40	2nd\$
10/3	Loyola Lake Front Invitational	5k	18:33	18th\$
10/9	Michigan Intercollegiates	5k	18:26.8	7th\$
10/17	Pre-Nationals	6k	22:25.6	127th\$
10/31	MAC Championships	6k	23:02.7	15th\$
11/14	NCAA Regionals	6k	22:09.34	42nd\$

Rachel Whitley

Date	Competition	Distance	Time	Finish
9/4	Crusader Invitational	5k	19:40	12th
9/12	Mel Brodt Invitational	5k	19:21.9	28th
9/18	George Dales Invitational	6k	23:10.92	7th
10/3	Loyola Lake Front Invitational	5k	19:30	70th
10/9	Michigan Intercollegiates	5k	19:50.1	65th
10/17	Pre-Nationals	6k	24:33.2	242nd
10/31	MAC Championships	6k	25:37.7	DNP

• Please note, only those who competed in at least one event have been listed.

\$ - WMU's top finisher in that race.