



Methodist Monarchs

2006 Cross Country Results

WOMEN

	Methodist 5K Fayetteville, NC 9/8/2006	Adidas 5K Cary, NC 9/15/2006	Guliford 5K Plt. Garden, NC 9/23/2006	Greensboro 5K Plt. Garden, NC 9/30/2006	Hagan Stone 5K Plt. Garden, NC 10/7/2006	NCC 5K Durham, NC 10/14/2006	USA 6K Plt. Garden, NC 10/28/2006	Regionals 6K Atlanta, GA 11/11/2006	5K Ave
Krystal Patton	26.13 1/2	23.15 35/65	22.29 16/70	21.44 42/181	21.11 33/129	21.20 3/15	27.35 7/56	26.16 60/177	21.84
Tia Imel	27.15 2/2	25.42 51/65	24.52 38/70	24.22 105/181	24.07 79/129	24.29 8/15	32.31 33/56		24.50
Jen Kiner		26.27 54/65	25.21 45/70		24.36 87/129		32.11 30/56		25.28
Heather McDaniel							32.16 32/56		
Jen Crews							41.31 55/56		
Methodist Finish	-	-	-	-	-	-	6/8	-	



Methodist Monarchs

2006 Cross Country Results

MEN

	MC 5K Fay., NC 9/8/2006	Adidas 5K Cary, NC 9/15/2006	FSU 5K Fay., NC 9/20/2006	Guliford 5K Plt. Gdn, NC 9/23/2006	Gboro 5K Plt. Gdn, NC 9/30/2006	Hagan Stone 5K Plt. Gdn, NC 10/7/2006	NCC 7,390m Durham, NC 10/14/2006	USA 8K Plt. Gdn, NC 10/28/2006	Regionals 8K Atlanta, GA 11/11/2006	Nationals Wilmington, OH 11/18/2006	8K Ave
Husein Nasiro-Sigo	17.09 1/11	15.41 10/61		25.38 1/61	25.43 1/159	24.59 2/139	23.32 1/31	26.57 1/39	26.07 2/152	28.08 53/279	26.07
Zach Yonk	19.49 2/11	18.35 30/61		32.33 28/61	29.57 62/159	29.31 75/139	27.05 6/31	30.18 13/39	29.53 94/152		29.53
Adam Clouse	20.37 3/11	19.04 35/61		31.08 22/61	30.04 66/159	30.17 92/139	27.18 7/31	32.02 17/39			30.53
Chase Pattillo	21:25 4/11	20:35 46/61		34:35 37/61	32:55 107/159	32:53 108/139	30:26 13/31	35:12 24/39			33:12
Spencer Hensley	24:46 8/11	21:45 52/61	21:21 2/12		35:35 130/159	35:37 122/139	31:37 18/31	35:35 25/39			34:36
Frank Ware	22:56 5/11	21:01 49/61			34:57 123/159	36:16 126/139	31:23 16/31	36:32 30/39			34:47
Brandon Kidd	24:23 7/11	22:27 55/61	22:37 5/12	37:32 48/61	35:06 125/159	35:41 123/139	31:36 17/31	36:26 29/39			35:16
Robert Galusky	24:15 6/11	22:15 54/61	22:16 4/12	37:48 51/61	35:39 131/159			36:46 31/39			36:44
Austin Thomas	25:43 9/11	22:49 57/61	22:49 6/12		36:04 134/159	37:16 132/139					36:40
Jon Myatt	33:14 11/11	29:10 60/61	28:11 10/12			52:46 138/139	40:08 27/31				46:27
Jon Becker	31:43 10/11	29:10 61/61	29:00 11/12			52:47 139/139	42:29 30/31	49:23 39/39			48:13
Methodist Finish	-	5/7	1/2	5/7	12/20	13/16	2/3	2/5	-	-	