

LSU

2009 CROSS COUNTRY

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TEAM RESULTS

2009 Schedule

Date	Meet
Sept. 18	Crimson Classic
Sept. 26	LSU Invitational
Oct. 17	Chile Pepper Festival
Oct. 31	SEC Championships
Nov. 14	NCAA South Central Regional
Nov. 23	NCAA Championships

Men

Team	Dist.	Top Finisher (Place, Time)
10 of 16	8K	Cullen Doody (44th, 26:52.30)
3 of 13	8K	Cullen Doody (16th, 27:19.01)
25 of 33	10K	Cullen Doody (135th, 32:51.55)
11 of 11	8K	Cullen Doody (71st, 27:55.92)
18 of 19	10K	Cullen Doody (80th, 34:06.8)

Women

Team	Dist.	Top Finisher (Place, Time)
8 of 16	5K	Katie Hamel (21st, 18:43.50)
4 of 16	5K	Jenna Henssler (13th, 19:58.49)
27 of 37	6K	Charlene Lipsey (118th, 23:23.97)
11 of 12	5K	Charlene Lipsey (63rd, 23:38.38)
21 of 21	6K	Laura Carleton (65th, 23:15.50)

MEET RESULTS

Crimson Classic

Sept. 18, 2009

Men - 8K

Women - 5K

Harry Pritchard Running Course • Tuscaloosa, Ala.

Men's Team Results (Top 10 Only)

1. Alabama	34
2. Tennessee	55
3. Auburn	76
4. Georgia Tech	153
5. Belmont	156
6. Kennesaw State	164
7. East Tennessee State	167
8. Chattanooga	197
9. Mississippi Valley State	265
10. LSU	284

Women's Team Results

1. Alabama	43
2. Auburn	75
3. Tennessee	88
4. Georgia Tech	115
5. Samford	137
6. Chattanooga	153
7. Kennesaw State	164
8. LSU	167
9. Belmont	254
10. Alabama State	259

Women's Individual Results

1. MacKenzie Howe, Kenn. St.	17:13.40
21. Katie Hamel	18:43.50
33. Jenna Henssler	19:13.00
34. Charlene Lipsey	19:16.60
45. Laura Carleton	19:41.30
49. Amber Abbott	19:50.90
58. Kayann Thompson	20:06.40
71. Lauren Ybarzabal	20:34.70
80. Amal Esmail	21:03.30
98. Jessica Deutsch	23:01.40

Men's Individual Results

1. Tyson David, Alabama	24:25.90
44. Cullen Doody	26:52.30
72. Sean Swanner	27:50.70
74. Luke Dessauer	27:54.60
77. Frank Bohn	27:58.40
79. Roger Cooke	28:04.60
81. Paras Shah	28:08.01
82. Ken Ehrhardt	28:12.80
83. Tim Landry	28:20.10
87. Kenneth Schiffman	28:30.70
89. Kyle Steele	28:41.10
95. Kyle Hecker	29:06.20

LSU Invitational

Sept. 26, 2009

Men - 8K

Women - 5K

Highland Road Park • Baton Rouge, La.

Men's Team Results

1. Houston	29
2. Mississippi Valley	57
3. LSU	87
4. SE Louisiana	93
5. Louisiana-Lafayette	136
6. Tulane	191
7. Xavier-Louisiana	204
8. Jackson State	244
9. Nicholls State	249
10. Southern	303

Men's Individual Results

1. Kalphys Kemboi, SE La.	25:38.71
16. Cullen Doody	27:19.01
21. Kyle Hecker	27:45.42
23. Kyle Steele	27:50.50
26. Tim Landry	27:55.50
29. Frank Bohn	27:59.69
30. Luke Dessauer	27:59.96
32. Sean Swanner	28:03.27
36. Kenneth Schiffman	28:22.24
38. Paras Shah	28:30.35
51. Roger Cooke	29:25.98
59. Sadiki White	30:11.54

Women's Team Results

1. Houston	40
2. Nicholls State	56
3. Lamar	65
4. LSU	94
5. Tulane	143
6. SE Louisiana	151
7. Louisiana-Lafayette	180
8. Mississippi College	237
9. Jackson State	244
10. Xavier-Louisiana	306

Women's Individual Results

1. Stephanie Aldea, UH.	19:01.00
13. Jenna Henssler	19:58.49
14. Charlene Lipsey	20:00.69
22. Laura Carleton	20:38.06
24. Amber Abbott	20:41.49
29. Kayann Thompson	20:55.78
47. Lauren Ybarzabal	21:49.33
49. Amal Esmail	22:01.27
61. Devon Williams	22:42.06
74. Jessica Deutsch	23:31.43

2009 LSU CROSS COUNTRY - MEET RESULTS

Chile Pepper Festival

Oct. 17, 2009
Men - 10K
Women - 6K
Agri Park
Fayetteville, Ark.

Men's Team Results (Top 10 and LSU)

1. Oklahoma State	21
2. Oklahoma	54
3. Arkansas	89
4. Virginia Tech	98
5. Texas Tech	214
6. Loyola-Marymount	222
7. Missouri	223
8. McNeese State	232
9. Arkansas-Little Rock	278
10. Texas-San Antonio	292
25. LSU	700

Men's Individual Results

1. Colby Lowe, OK St.	29:30.90
135. Cullen Doody	32:51.55
174. Tim Landry	33:49.55
178. Kyle Hecker	33:53.47
179. Sean Swanner	33:56.11
180. Frank Bohn	33:58.17
185. Ken Ehrhardt	34:02.90
193. Kyle Steele	34:14.54
198. Luke Dessauer	34:20.45
204. Kenneth Schiffman	34:32.88
208. Paras Shah	34:38.23
211. Roger Cooke	34:51.79

Women's Team Results (Top 10 and LSU)

1. Texas Tech	35
2. BYU	77
3. Arkansas	87
4. Missouri	165
5. SMU	179
6. Oklahoma State	185
7. Loyola-Marymount	196
8. Missouri State	286
9. Texas A&M-CC	312
10. Baylor	361
27. LSU	665

Women's Individual Results

1. Lillian Badaru, TTU	20:31.52
118. Charlene Lipsey	23:23.97
119. Jenna Henssler	23:24.06
134. Laura Carleton	23:32.09
197. Kayann Thompson	24:46.37
203. Lauren Ybarzabal	24:57.97
207. Amal Esmail	25:12.07

SEC Championships

Oct. 31, 2009
Men - 8K
Women - 6K
Ole Miss Golf Course
Oxford, Miss.

Men's Team Results

1. Alabama	56
2. Arkansas	61
3. Auburn	86
4. Florida	120
5. Georgia	133
6. Tennessee	142
7. Kentucky	152
8. Miss. State	220
9. Ole Miss	249
10. Vanderbilt	282
11. LSU	321

Men's Individual Results

1. Barnabus Kiuri, Ole Miss	24:24.75
71. Cullen Doody	27:55.92
75. Kyle Hecker	28:19.59
78. Sean Swanner	28:39.48
79. Kenneth Schiffman	28:40.18
80. Ken Ehrhardt	28:43.05
81. Paras Shah	28:45.73
82. Luke Dessauer	28:54.22
83. Frank Bohn	29:00.40
86. Timothy Landry	29:11.51

Women's Team Results

1. Florida	24
2. Tennessee	80
3. Arkansas	87
4. Georgia	118
5. Alabama	141
6. Vanderbilt	142
7. Auburn	151
8. Kentucky	175
9. South Carolina	246
10. Miss. State	276
11. LSU	335
12. Ole Miss	338

Women's Individual Results

1. Rebecca Lowe, UF	20:57.35
63. Charlene Lipsey	23:38.38
67. Katie Hamel	23:46.92
70. Laura Carleton	23:56.63
85. Jenna Henssler	24:48.5
92. Amal Esmail	25:29.78
95. Lauren Ybarzabal	25:46.41
98. Amber Abbott	26:57.23
101. Jessica Deutsch	29:18.29

NCAA South Central Regional Championships

Nov. 14, 2009
Men - 10K
Women - 6K
Agri Park
Waco, Texas.

Men's Team Results

1. Arkansas	47
2. Texas	74
3. Lamar	83
4. Texas A&M	89
5. Stephen F. Austin	159
6. McNeese State	185
7. Baylor	215
8. Arkansas-Little Rock	225
8. UTSA	225
10. Rice	227
18. LSU	486

Men's Individual Results

1. Dorian Ulrey, Arkansas	30:24.6
80. Cullen Doody	34:06.8
93. Ken Ehrhardt	34:30.0
110. Luke Dessauer	35:18.9
115. Frank Bohn	35:35.8
117. Sean Swanner	35:48.1
123. Kyle Hecker	36:36.6
132. Paras Shah	38:20.4

Women's Team Results

1. SMU	43
2. Baylor	54
3. Arkansas	66
4. Texas	124
5. Rice	172
6. Texas A&M-CC	199
7. Houston	208
8. Stephen F. Austin	233
9. Texas A&M	285
10. McNeese State	300
21. LSU	500

Women's Individual Results

1. Silje Fjortoft, SMU	20:29.7
65. Laura Carleton	23:15.5
83. Jenna Henssler	23:43.0
113. Lauren Ybarzabal	24:45.6
128. Amber Abbott	25:47.0
130. Amal Esmail	26:16.2
134. Jessica Deutsch	28:56.2

2009 LSU CROSS COUNTRY - MEN'S INDIVIDUAL RESULTS

Frank Bohn, So.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	27:58.40	77th
Sept. 26	LSU Invitational	8K	27:59.69	29th
Oct. 17	Chile Pepper Festival	10K	33:58.17	180th
Oct. 31	SEC Championships	8K	29:00.40	83rd
Nov. 14	NCAA SC Regional	10K	35:35.80	115th

Roger Cooke, Fr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	28:04.60	79th
Sept. 26	LSU Invitational	8K	29:25.98	51st
Oct. 17	Chile Pepper Festival	10K	34:51.79	211th

Luke Dessauer, So.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	27:54.60	74th
Sept. 26	LSU Invitational	8K	27:59.96	30th
Oct. 17	Chile Pepper Festival	10K	34:20.45	198th
Oct. 31	SEC Championships	8K	28:54.22	82nd
Nov. 14	NCAA SC Regional	10K	35:18.90	110th

Cullen Doody, So.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	26:52.30	44th
Sept. 26	LSU Invitational	8K	27:19.01	16th
Oct. 17	Chile Pepper Festival	10K	32:51.55	135th
Oct. 31	SEC Championships	8K	27:55.92	71st
Nov. 14	NCAA SC Regional	10K	34:06.80	80th

Ken Ehrhardt, Jr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	28:12.80	82nd
Oct. 17	Chile Pepper Festival	10K	34:02.90	185th
Oct. 31	SEC Championships	8K	28:43.05	80th
Nov. 14	NCAA SC Regional	10K	34:30.00	93rd

Kyle Hecker, Jr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	29:06.20	95th
Sept. 26	LSU Invitational	8K	27:45.42	21st
Oct. 17	Chile Pepper Festival	10K	33:53.47	178th
Oct. 31	SEC Championships	8K	28:19.59	75th
Nov. 14	NCAA SC Regional	10K	36:36.60	123rd

Tim Landry, Jr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	28:20.10	83rd
Sept. 26	LSU Invitational	8K	27:55.50	26th
Oct. 17	Chile Pepper Festival	10K	33:49.55	174th
Oct. 31	SEC Championships	8K	29:11.51	86th

Kenneth Schiffman, So.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	28:30.70	87th
Sept. 26	LSU Invitational	8K	28:22.24	36th
Oct. 17	Chile Pepper Festival	10K	34:32.88	204th
Oct. 31	SEC Championships	8K	28:40.18	79th

Paras Shah, Fr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	28:08.01	81st
Sept. 26	LSU Invitational	8K	28:30.35	38th
Oct. 17	Chile Pepper Festival	10K	34:38.23	208th
Oct. 31	SEC Championships	8K	28:45.73	81st
Nov. 14	NCAA SC Regional	10K	38:20.40	132nd

Kyle Steele, Fr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	28:41.10	89th
Sept. 26	LSU Invitational	8K	27:50.50	23rd
Oct. 17	Chile Pepper Festival	10K	34:14.54	193rd

Sean Swanner, Jr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	8K	27:50.70	72nd
Sept. 26	LSU Invitational	8K	28:03.27	32nd
Oct. 17	Chile Pepper Festival	10K	33:56.11	179th
Oct. 31	SEC Championships	8K	28:39.48	78th
Nov. 14	NCAA SC Regional	10K	35:48.10	117th

Sadiki White, Fr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 26	LSU Invitational	8K	30:11.54	59th

2009 LSU CROSS COUNTRY - WOMEN'S INDIVIDUAL RESULTS

Amber Abbott, So.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	5K	19:50.90	49th
Sept. 26	LSU Invitational	5K	20:41.49	24th
Oct. 31	SEC Championships	5K	26:57.23	98th
Nov. 14	NCAA SC Regional	6K		

Laura Carleton, So.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	5K	19:41.30	45th
Sept. 26	LSU Invitational	5K	20:38.06	22nd
Oct. 17	Chile Pepper Festival	6K	23:32.09	134th
Oct. 31	SEC Championships	5K	23:56.63	70th
Nov. 14	NCAA SC Regional	6K	23:15.50	65th

Jessica Deutsch, So.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	5K	23:01.40	98th
Sept. 26	LSU Invitational	5K	23:31.43	74th
Oct. 31	SEC Championships	5K	29:18.29	101st
Nov. 14	NCAA SC Regional	6K	28:56.20	134th

Amal Esmail, Sr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	5K	21:03.30	80th
Sept. 26	LSU Invitational	5K	22:01.27	49th
Oct. 17	Chile Pepper Festival	6K	25:12.07	207th
Oct. 31	SEC Championships	5K	25:29.78	92nd
Nov. 14	NCAA SC Regional	6K	26:16.20	130th

Katie Hamel, Sr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	5K	18:43.50	21st
Oct. 31	SEC Championships	5K	23:46.92	67th

Jenna Henssler, So.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	5K	19:13.00	33rd
Sept. 26	LSU Invitational	5K	19:58.49	13th
Oct. 17	Chile Pepper Festival	6K	23:24.06	119th
Oct. 31	SEC Championships	5K	24:48.5	85th
Nov. 14	NCAA SC Regional	6K	23:43.00	83rd

Charlene Lipsey, Fr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	5K	19:16.60	34th
Sept. 26	LSU Invitational	5K	20:00.69	14th
Oct. 17	Chile Pepper Festival	6K	23:23.97	118th
Oct. 31	SEC Championships	5K	23:38.38	63rd

Kayann Thompson, Sr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	5K	20:06.40	58th
Sept. 26	LSU Invitational	5K	20:55.78	29th
Oct. 17	Chile Pepper Festival	6K	24:46.37	197th

Devon Williams, Jr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 26	LSU Invitational	5K	22:42.06	61st

Lauren Ybarzabal, Jr.

<u>Date</u>	<u>Meet</u>	<u>Distance</u>	<u>Time</u>	<u>Place</u>
Sept. 18	Crimson Classic	5K	20:34.70	71st
Sept. 26	LSU Invitational	5K	21:49.33	47th
Oct. 17	Chile Pepper Festival	6K	24:57.97	203rd
Oct. 31	SEC Championships	5K	25:46.41	95th
Nov. 14	NCAA SC Regional	6K	24:45.60	113th