

**SOUTHWEST INDIVIDUALS TO WATCH  
WEEK 4**

**NEW MEXICO**

**State Ambassador**

**Spencer Sielschott and Rob Hipwood**

**GIRLS**

Allison	Bedonie	SR	Eldorado	Albuquerque	2 <sup>nd</sup> at Belen Invite
Jordan	Brown	SR	Gallup	Gallup	1 <sup>st</sup> at Pagosa Springs (CO) Invite, 2 <sup>nd</sup> win in a row
Jackie	Campos	SR	Santa Teresa	Santa Teresa	1 <sup>st</sup> at Coronado/Andres (TX) Invite, defending 4A state champ, undefeated in 3 straight races
Brittany	Castillo	SR	Carlsbad	Carlsbad	1 <sup>st</sup> at Ron Singleton Invite (Carlsbad), wins home invite over twin sister, Brandy, who was ranked last week
Julia	Foster	SO	Academy	Albuquerque	2 <sup>nd</sup> at Manzano Invite to teammate, strong and consistent performances for 2006 4A state champion
Elba	Holguin	SR	Albuquerque High	Albuquerque	1 <sup>st</sup> at West Mesa Invite, 2006 5A state champ has returned to NM's elite
Caroline	Kaufman	FR	East Mountain	Sandia Park	1 <sup>st</sup> at Valdez Memorial (Pecos), 2 <sup>nd</sup> win in a row
Clara	Milne	JR	Academy	Albuquerque	1 <sup>st</sup> at Manzano Invite, returns from strong showing in Colorado and earns 2 <sup>nd</sup> win of the year
Kate	Norskog	SO	St. Michael's	Santa Fe	DNR – no meet scheduled, great battle with Milne on tap for Friday at Academy Invite
Aleona	Reyes	JR	Belen	Belen	1 <sup>st</sup> at Belen Invite, 2 <sup>nd</sup> win in a row after strong 5 <sup>th</sup> place at UNM to open the season
Holly	Walker	JR	Los Alamos	Los Alamos	3 <sup>rd</sup> at Academy Invite, best performance this season for 2007 4A state runner-up in cross

**SOUTHWEST INDIVIDUALS TO WATCH  
WEEK 4**

**SOUTHWEST INDIVIDUALS TO WATCH  
WEEK 4**

**BOYS**

First Name	Last Name	Class	School Name	City	
Evan	Bekes	SO	Bloomfield	Bloomfield	1 <sup>st</sup> at Chicken Creek Classic (Mancos, CO),  4 <sup>th</sup> win this season for young, up-and-coming star
Timmy	Chee	JR	Navajo Pine	Navajo	Chee wins Reservation Relays to lead small school power Navajo Pine to the team title
Julian	Flores	SO	Hobbs	Hobbs	no meet scheduled, Flores and the Hobbs Eagles travel north to Albuquerque next week for 1 <sup>st</sup> meet against the metro-area schools
Gareth Donovan	Gilna Jim	SR SR	Los Alamos Gallup	Los Alamos Gallup	2 <sup>nd</sup> at Academy Invite 3 <sup>rd</sup> at Academy Invite, Jim proves 3 previous wins were no fluke as he competes well with NM's best
Neil	Longenbaugh	SO	Academy	Albuquerque	Longenbaugh leads US#2, SW#1 Academy to another convincing victory while the team's top harrier, Pat Zacharias, rests a sore ankle
Christian	Meyer	JR	Sandia	Albuquerque	4 <sup>th</sup> at Academy Invite, Meyer is quickly establishing himself as a consistent performer
Vincent Kevin	Montoya Palmer	JR SR	Cibola Eldorado	Albuquerque Albuquerque	wins home invite for 2 <sup>nd</sup> consecutive victory Defending 5A state champ took 1 <sup>st</sup> at Academy Invite, 3 <sup>rd</sup> consecutive win for Palmer
Jonah	Ruybalid	SR	Los Lunas	Los Lunas	wins home invitational

**SOUTHWEST INDIVIDUALS TO WATCH  
WEEK 4**

**ARIZONA**

**State Ambassador      Jeff Messer**

**GIRLS**

<b>First Name</b>	<b>Last Name</b>	<b>Class</b>	<b>School</b>	<b>City</b>	<b>Comments</b>
Ann	Bawden	Senior	Highland	Gilbert	Fourth place at Doug Conley Invitational
Aeoleone	Bristow	SO	Rio Rico	Rio Rico	Seventh place at Doug Conley Invitational
Taylor	Cole	JR	Hamilton	Chandler	(Junior class) Winner at Chandler Invitational
Kat	Howard	SR	Ironwood Ridge	Oro Valley	Eighth place at Doug Conley Invitational
Rolonda	Jumbo	FR	Chinle	Chinle	Fifth place at Doug Conley Invitational
Kylee	Kieser	SO	Casa Grande Union	Casa Grande	Runner-up at Doug Conley Invitational
Sarah	Miville	SO	Ironwood Ridge	Oro Valley	Sixth place at Doug Conley Invitational
Jessica	Rydberg	SR	Blue Ridge	Lakeside	Third place at Doug Conley Invitational
Jessica	Tonn	JR	Xavier College Preparatory	Phoenix	Wins 2 <sup>nd</sup> consecutive individual title at Doug Conley Invitational
Lisa	Wiley	SO	Shadow Mountain	Phoenix	Winner at Padre Invitational

**BOYS**      Ambassador: Brian Dempsey

<b>First Name</b>	<b>Last Name</b>	<b>Class</b>	<b>School Name</b>	<b>City</b>	<b>Comments</b>
Brian	Shrader	Jr		Flagstaff	DNR
Tim	Freriks	sr		Cottonwood	1st Nike Pre Nats
Sherod	Hart	Jr		Queen Creek	6th Doug Conley
Jorge	Martinez	So		Phoenix	1st Doug Conley
Jose Luis	Munoz	Jr		Rio Rico	7th Doug Conley
Omar	Hernandez	Sr		Rio Rico	8th Doug Conley
Billy	Orman	So		Tuba City	4th Doug Conley
Cody	Smith	Sr		Phoenix	5th Doug Conley
Humberto	Gonzales	Sr		Phoenix	2nd Doug Conley
Ryan	Yazzie	Jr		Tuba City	3rd Doug Conley

**COLORADO**

**State Ambassador      Jeff Biven**

**SOUTHWEST INDIVIDUALS TO WATCH  
WEEK 4**

**GIRLS**

First Name	Last Name	Class	School	City	Comments
Miranda	Benzel	12	Ft. Collins	Ft. Collins	1 <sup>st</sup> at Pueblo Central Invite in 19:04
Eleanor	Fulton	10	Highlands Ranch	Highlands Ranch	4 <sup>th</sup> LoboCat Invite in 18:27
Claire	Gallagher	11	Cherry Creek	Greenwood Village	6 <sup>th</sup> Stanford Invite (seeded race) in 18:31
Kaitlin	Hannenburg	11	The Classical Academy	Colorado Springs	2 <sup>nd</sup> LoboCat Invite in 17: 54
Camille	Logan	12	Littleton	Littleton	2 <sup>nd</sup> Dave Sanders (Div I) in 18:43
Allie	McLaughlin	12	Air Academy	Colorado Springs	1 <sup>st</sup> LoboCat Invite in 17:21
Natosha	Rogers	12	Dakota Ridge	Littleton	Did Not Race
Shelby	Stableford	9	The Classical Academy	Colorado Springs	3 <sup>rd</sup> LoboCat Invite in 18:17
Laura	Tremblay	12	Thompson Valley	Loveland	1 <sup>st</sup> Dave Sanders Invite (Div II) in 19:05
Katie	Vanata	12	Dakota Ridge	Littleton	1 <sup>st</sup> Dave Sanders Invite (Div I) in 18:27, first race in nearly a year

**BOYS**

First Name	Last Name	Class	School Name	City	State
Evan	Appel	12	Dakota Ridge	Littleton	1 <sup>st</sup> Dave Sanders Invite (Div I) in 15:30
Andrew	Berberick	12	Mullen	Denver	Dropped out of Dave Sanders (Div II), illness, injury?
Joe	DeMoor	?	Buena Vista	Buena Vista	No results found
Joe	Manilafasha	12	Denver North	Denver	1 <sup>st</sup> LoboCat Invite in 15:17
Bobby	Nicolls	12	Regis	Aurora	13 <sup>th</sup> Dave Sanders Invite (Div I) in 17:09, illness, injury?
Danny	Nicolls	11	Regis	Aurora	5 <sup>th</sup> Dave Sanders Invite (Div I) in 16:29
Wes	Rickman	12	Falcon	Falcon	2 <sup>nd</sup> in LoboCat Invite in 15:31
Andrew	Roberts	12	Lyons	Lyons	2 <sup>nd</sup> Dave Sanders Invite (Div I) in 15:44
Walter	Schafer	11	Cherry Creek	Greenwood Village	1 <sup>st</sup> Stanford Invite (seeded race) in 15:25
Dart	Schwaderer	12	Wheat Ridge	Wheat Ridge	3 <sup>rd</sup> Dave Sanders Invite (Div I) in 15:47

**SOUTHWEST INDIVIDUALS TO WATCH  
WEEK 4**

**NEVADA**

**State Ambassador Phil Lawton**

**GIRLS**

First Name	Last Name	Class	School	City	Comments
Taylor	Biaggi	SR	Douglas	Minden	19:48 @ Stanford. #3 time for NV runners
Katie	Carrell	SR	Arbor View	Las Vegas	#1 @ Laughlin Invite. Did not run Wk 4
Yvonne	Gordan	SO	Carson	Carson City	19:57 @ Stanford. #4 time for NV runners
Demery	Kirsch	JR	Reno	Reno	#2 @ Reed Invite. #7 (NV) @ Stanford
Madison	Knight	SO	Galena	Reno	#1 @ Reed Invite. Did not run @ Stanford
Michaelanne	Laurent	SR	Coronado	Henderson	#1 @ Roadrunner Invite (9/27)
Leah	Leedy	SR	Foothill	Henderson	#1 runner in So NV. Undefeated in NV
Shelby	MacIntyre	FR	South Tahoe	South Tahoe	#2 among NV runners @ Stanford: 19:25
Michelle	Schenck	JR	ShadowRidge	Las Vegas	#2 @ Laughlin Invite. Wins tri meet Wk 4
Kelsey	Smith	JR	South Tahoe	South Tahoe	Top-20 time @ Stanford. 18:50 for 5K

**BOYS**

First Name	Last Name	Class	School Name	City	State
Cary	Dunagan	JR	Reno	Reno	#4 @ Reed Invite. 16:57/5K @ Stanford
Al	Galen	JR	Liberty	Henderson	#8 @ LVI (#3 NV); wins @ tri meet 9/24
Bryan	Jordan	SO	Galena	Reno	#3 from NV @ Stanford: 16:22
Sam	Mahar	JR	ShadowRidge	Las Vegas	#6 @ Las Vegas Invite; DNR invite Wk 4
Wade	Meddles	JR	Sierra Lutheran	Minden	#2 time @ Stanford: 15:28 for 5K
Brandon	Nied	SR	Reno	Reno	#5 @ Reed Invite. 16:56/5K @ Stanford
Mike	Rowe	SR	Bishop Manogue	Reno	#4 from NV @ Stanford: 16:28 for 5K
Bryan	Tibaduiza	SR	Galena	Reno	#1 @ Reed Invite. DNF @ Stanford
Daniel	Wicks	SR	Palo Verde	Las Vegas	#5 from NV @ Stanford: 16:41 for 5K
Nathan	Williams	JR	Centennial	Las Vegas	#6 time @ Nike Pre-Nats.: 15:45 for 5K

**UTAH**

**State Ambassador: Justin Pitcher**

**GIRLS**

First Name	Last Name	Class	School	City	Comments
------------	-----------	-------	--------	------	----------

**SOUTHWEST INDIVIDUALS TO WATCH  
WEEK 4**

Candace	Eddy	Sr	Davis	Layton
Megan	Headquist	Sr	Layton	Layton
Brook	Hodson	Sr	Timpanogos	Orem
Shalaya	Kipp	Sr	Skyline	Highland
Danielle	Menlove	Fr.	Jordan	Sandy

**BOYS**

<b>First Name</b>	<b>Last Name</b>	<b>Class</b>	<b>School Name</b>	<b>City</b>	<b>Comments</b>
Elijah	Jones	Sr	Wasatch Academy		
Jason	Lynch	Sr	Hillcrest	Midvale	
Steve	Morin	Sr	Lone Peak	Orem	
Jonathon	Nelsen	Sr	Timpview	Orem	
Karl	Wilcock	Sr	Hurricane	Hurricane	

**WYOMING**

**State Ambassador:** Brad DeKrey

**GIRLS**

<b>First Name</b>	<b>Last Name</b>	<b>Class</b>	<b>School Name</b>	<b>City</b>	<b>Comments</b>
Lela	Carpenter	Jr	Sheridan High	Sheridan	
Brooke	Hughes	Sr	Glenrock High	Glenrock	
Christie	Schiel	Fr	Central High	Cheyenne	
Dana	Morin	Jr	Sheridan High	Sheridan	
Nicole	Peterson	Jr	Rock Springs High	Rock Springs	
Jessica	LeMaster	So	Central High	Cheyenne	

**BOYS**

<b>First Name</b>	<b>Last Name</b>	<b>Class</b>	<b>School Name</b>	<b>City</b>	<b>Comments</b>
Dominick	Robinson	SR	Campbell Co.	Gillette	
Devin	Rathburn	SR	Central High	Cheyenne	
Garrett	Zans	JR	Rock Springs High	Rock Springs	
Hayden	Honhholt	Sr	Saratoga High	Rock Springs	
Todd	Hueckstaedt	Sr	Rock Springs High	Rock Springs	
Jacob	Heath	Sr	Laramie High	Laramie	