



DENNIS M. COLLINS  
Executive Director

P.O. Box 16679  
Cleveland, OH 44116  
Phone (440) 871-8100  
Fax (440) 871-4221  
ncaac@northcoast.org  
www.northcoast.org

ALLEGHENY COLLEGE ★ DENISON UNIVERSITY ★ EARLHAM COLLEGE ★ HIRAM COLLEGE ★ KENYON COLLEGE ★ OBERLIN COLLEGE  
★ OHIO WESLEYAN UNIVERSITY ★ WABASH COLLEGE ★ WITTENBERG UNIVERSITY ★ COLLEGE OF WOOSTER

**NCAC Outdoor Track Special**

**For Immediate Release**

**ALLEGHENY CLAIMS BOTH MEN'S & WOMEN'S  
NORTH COAST OUTDOOR TRACK & FIELD TITLES**

**May 2, 2005**

The Allegheny men won their third straight and sixth overall team title at the NCAC Championships, held at Ohio Wesleyan on April 29-30. The Gators captured seven first and 15 other top-three finishes to total 232 points and outdistance Wabash (130), Wittenberg (124) and Ohio Wesleyan (87) in the men's field. The victory gives Allegheny a sweep of the men's cross country, indoor and outdoor track NCAC titles in 2004-05. The Allegheny women claimed their 11th NCAC crown and sixth in the past seven years with 217 points. Ohio Wesleyan wound up second with 117.50 points, followed by Denison (93.5) and Hiram (89). The Gators won six events and had 11 other top-three finishes. Both Gator squads set conference records for team points scored.

The 32nd NCAA Division III Championships will take place Thursday through Saturday, May 26-28, at Wartburg in Waverly, Iowa. A total of 334 athletes will compete in the championships. Athletes qualify by reaching the automatic and provisional standards established for each event. The spots remaining in the field after the automatic qualifiers are filled from the descending order list of provisional qualifiers on May 24.

**Women's Most Valuable Performers:** Oberlin junior **Teresa Collins (Stone Mountain, GA/Woodward Academy)** was voted Sprints/Hurdles MVP after she won the 200 meters (26.72), 400 meters (58.87) and anchored the winning 400 meter relay team and the second-place 1600 meter relay. Allegheny senior **Leah Shouey (Franklin, PA/Franklin Area)** was the Middle Distance/Distance MVP. She won both the 5000 meters (17:55.28) and 1500 meters (4:33.36) in conference-record time, and met the NCAA automatic qualifying standard in the 1500. Earlham junior **Loni Clark (Greensfork, IN/Hagerstown)** was named Field MVP after she won the discus (121-7), placed second in the javelin (105-8), fourth in the hammer (103-8) and fifth in the shot put (33-6.5).

**Men's Most Valuable Performers:** Wabash freshman **Mike Russell (Terre Haute, IN/North Vigo)** was named Sprint/Hurdles MVP after he won the 100 meters (11.09) and 200 meters (22.24) and was part of the winning 400 meter and 1600 meter relays. Allegheny senior **Kevin Pool (New Windsor, MD/Westminster)** earned Middle Distance/Distance MVP honors after he won the 1500 meters (4:00.80), the 5000 meters (15:16.00) and the 10,000 meters (31:57.26). The Field MVP was Wittenberg senior **Joe Rumschlag (Maumee, OH/Toledo Christian)**, who won the decathlon (5696 points), long jump (22-8.5) and triple jump (42-7) titles.

**Coach of the Year:** Allegheny head coach **Bill Ross** was named coach of the year of the men's championship for the fourth time. He shares the honor with Wabash head coach **Rob Johnson**, who earns the honor for the first time. **Ross** was also selected coach of the year for the women, earning the honor for the sixth time in the past seven seasons.

**2005 NCAC Outdoor Track & Field Championships  
at Ohio Wesleyan April 29-30**

**MEN'S TEAM RESULTS**

1. ALLEGHENY	232
2. WABASH	130
3. WITTENBERG	124
4. OHIO WESLEYAN	87
5. EARLHAM	67
6. DENISON	63
7. OBERLIN	38
8. HIRAM	26
WOOSTER	26
10. KENYON	25

**WOMEN'S TEAM RESULTS**

1. ALLEGHENY	217
2. OHIO WESLEYAN	117.50
3. DENISON	93.50
4. HIRAM	89
5. EARLHAM	82
6. OBERLIN	77
7. WITTENBERG	68
8. WOOSTER	57
9. KENYON	16

## 2005 NCAC Men's Outdoor Track & Field Championships April 29-30

### 100-METER DASH

11.09 Mike Russell, WAB  
11.16 Edo Bedzra, OBE  
11.18 Joe Rumschlag, WIT

### 110-METER HURDLES

15.54 Justin Blackburn, OWU  
15.76 Tim Herrod, ERL  
16.06 Dave Griffin, ALL

### 200-METER DASH

22.24 Mike Russell, WAB  
22.44 Joe Rumschlag, WIT  
22.54 Josh Rhue, ALL

### 400-METER DASH

49.19 Nathan Bates, WAB  
50.62 Evan Bayles, OWU  
50.93 David Emrath, WIT

### 400-METER HURDLES

54.62 Eric Meibers, DEN  
55.51 Keith Clayton, WAB  
56.48 Dave Griffin, ALL

### 800-METER RUN

1:55.01 Geoff Lambert, WAB  
1:56.07 Mark Delaney, ALL  
1:56.09 Mike Echols, WIT

### 1500-METER RUN

4:00.80 Kevin Pool, ALL  
4:02.23 Andrew Schaefer, DEN  
4:02.62 Ryan Place, ALL

### 3000-METER STEEPLECHASE

9:31.55 Chris Carrier, ALL  
9:36.77 Walker Yane, ERL  
9:37.74 Clark Paciorek, DEN

### 5000-METER RUN

15:16.00 Kevin Pool, ALL  
15:21.76 Jeff Conroy, ALL  
15:25.13 Chris Carrier, ALL

### 10,000-METER RUN

31:57.26 Kevin Pool, ALL  
31:57.34 Jeff Conroy, ALL  
32:29.12 Taylor Delhagen, WOO

### MVP TRACK (SPRINTS/HURDLES)

Mike Russell, Wabash

### MVP TRACK (MID DISTANCE/DISTANCE)

Kevin Pool, Allegheny

### MVP FIELD

Joe Rumschlag, Wittenberg

### COACH OF THE YEAR

Bill Ross, Allegheny & Rob Johnson, Wabash

### 400-METER RELAY

42.59 WABASH  
(Clayton-Bates-Russell-Banach)  
43.19 WITTENBERG  
(Bazzel-Carter-Rumschlag-Emrath)  
43.96 ALLEGHENY  
(Solomon-Moles-Gorski-Rhue)

### 1600-METER RELAY

3:21.61 WABASH  
(Clayton-Bates-Russell-Lambert)  
3:25.17 WITTENBERG  
(Emrath-Echols-Rumschlag-Kresser)  
3:26.74 ALLEGHENY  
(Ball-Moles-Gorski-Delaney)

### LONG JUMP

22' 8 1/2" Joe Rumschlag, WIT  
21' 6 1/4" Anthony Osei, OBE  
21' 2 1/2" Sean Laird, ALL

### TRIPLE JUMP

42' 7" Joe Rumschlag, WIT  
41' 5 1/4" Thomas Bell, WAB  
40' 10 1/4" Mark Dobish, ALL

### HIGH JUMP

6' 4 1/4" Randy Everett, OWU  
6' 4 1/4" Justin Schwab, ALL  
6' 3 1/4" James Segrest, ERL

### POLE VAULT

14' 8 3/4" Conrad Rapp, ALL  
14' 5 1/2" Mark Dobish, ALL  
14' 1 3/4" Michael Tornifolio, OWU

### SHOT PUT

49' 3 3/4" Dan Ries, ERL  
48' 3 1/2" Pat Confer, ALL  
45' 9" Rick Drushal, WOO

### DISCUS

145' 5" Eric Morris, WAB  
142' 1" Jeff Mervosh, DEN  
140' 6" Josh Steinke, OWU

### JAVELIN

189' 5"# Vince Werner, ALL  
186' 8" Adam Whitelaw, OWU  
171' 3" Nate Kayhoe, ERL

### HAMMER

147' % Pat Confer, ALL  
141' 9" Eric Morris, WAB  
139' 9" Andy Karcher, WIT

### DECATHLON

5696 Joe Rumschlag, WIT  
5625 Nate Efinger, OWU  
4919 Mark O'Brien, WIT

% NCAC Record

# NCAA Provisional Qualifier

## 2005 NCAC Women's Outdoor Track & Field Championships April 29-30

### 100-METER DASH

12.98 Tashi Johnson, ERL  
13.04 Nicole Bailey, WIT  
13.15 Jasmine Kirtley, HIR

### 100-METER HURDLES

15.67 Sara Bohall, ERL  
15.79 Lynne Hutchison, HIR  
15.84 Leslie Bosworth, OBE

### 200-METER DASH

26.72 Teresa Collins, OBE  
27.65 Jasmine Kirtley, HIR  
27.66 Sarah Sammel, ALL

### 400-METER DASH

58.87 Teresa Collins, OBE  
1:00.56 Gwen Alger, HIR  
1:00.98 Sara Howell, ERL

### 400-METER HURDLES

1:04.30 # Sara Bohall, ERL  
1:06.93 Leslie Bosworth, OBE  
1:08.44 Heather Knupp, ALL

### 800-METER RUN

2:16.38 Shannon Morris, OBE  
2:17.42 Kim Murley, DEN  
2:23.31 Leah Shouey, ALL

### 1500-METER RUN

4:33.36 #§ Leah Shouey, ALL  
4:44.31 Kim Murley, DEN  
4:49.37 Lindsey Shouey, ALL

### 3000-METER STEEPLECHASE

11:27.55 Christine Collins, DEN  
11:56.20 Ariane Burwell, OBE  
12:30.05 Amanda Husted, OWU

### 5000-METER RUN

17:55.28 % Leah Shouey, ALL  
17:56.24 Lindsey Shouey, ALL  
18:05.26 Christine Collins, DEN

### 10,000-METER RUN

37:20.49 # Elaine Binkley, DEN  
37:45.19 # Leigh Ciofani, ALL  
39:28.12 Michelle Corkum, ALL

### MVP TRACK (SPRINTS/HURDLES)

Teresa Collins, Oberlin

### MVP TRACK (MID DISTANCE/DISTANCE)

Leah Shouey, Allegheny

### MVP FIELD

Loni Clark, Earlham

### COACH OF THE YEAR

Bill Ross, Allegheny

### 400-METER RELAY

51.14 HIRAM  
(Kirtley-Feather/Faber-Hutchison-Alger)  
51.23 OBERLIN  
(Bosworth-Elie-Burford-Collins)  
51.32 EARLHAM  
(Bohall-Black-Howell-Johnson)

### 1600-METER RELAY

4:12.43 OBERLIN  
(Bosworth-Krichels-Morris-Collins)  
4:12.89 OHIO WESLEYAN  
(Harden-Rymut-Fellure-Shaffer)  
4:15.63 DENISON  
(Hopf-Cahill-Walker-Murley)

### LONG JUMP

17' 3 1/4" Katie Walker, KEN  
16' 10 1/2" Emily Pfeufer, ALL  
16' 10-1/2" Nicole Bailey, WIT

### TRIPLE JUMP

35' 8 3/4" Emily Pfeufer, ALL  
35' 3" Nicole Bailey, WIT  
35' 3" Amanda Grilli, ALL

### HIGH JUMP

5' 2 1/4" Ashley Shaffer, OWU  
5' 2 1/4" Jen Musbach, OWU  
5' 1" Julie Feather-Faber, HIR

### POLE VAULT

11' 5" %# Sarah Sammel, ALL  
10' 3 1/2" Jill Berner, WOO  
10' 3 1/2" Kim Murley, DEN

### SHOT PUT

40' 3 1/2" Liz Newell, OWU  
37' 8" Liz Earley, ALL  
36' 1 1/2" Beth Groselle, HIR

### DISCUS

121' 7" Loni Clark, ERL  
113' 11" Liz Newell, OWU  
111' 3" Ada Smith, WOO

### JAVELIN

108' 11" Katie Pankowski, ALL  
105' 8" Loni Clark, ERL  
104' 1" Malley Adamsky, OWU

### HAMMER

133' 3" % Liz Earley, ALL  
122' 1" Liz Newell, OWU  
122' 0" Allison Walker, WIT

### HEPTATHLON

3558 Julie Feather-Faber, HIR  
3390 Ericka Newell, OWU  
3322 Laura Schuh, ALL

% NCAC Record

# NCAA Provisional Qualifier § NCAA Automatic Qualifier