



2007 Coastal Carolina Women's Cross Country Week 7 Notes November 14, 2007

2007 Schedule

Date	Opponent	Time/Result
Aug. 31	at Covered Bridge Open (Boone, N.C.)	4th of 11
Sept. 14	COASTAL CAROLINA INVITATIONAL (Conway S.C.)	1st of 3
Sept. 28	at Brooks Paul Short Run* (Bethlehem, Pa.)	12th of 47
Oct. 13	at NCAA Pre-Nationals* (Terre Haute, Ind.)	24th of 38
	at Low Country Invite "B" (Johns Island, S.C.)	2nd of 3
Oct. 27	at New Balance Big South Conference Championships (Hendersonville, N.C.)	2nd of 8
Nov. 10	at NCAA Regionals * (Louisville, Ky.)	19th of 31
Nov. 19	at NCAA Championships* (Terre Haute, Ind.)	12:58 p.m.

*denotes 6K races. All others are 5K races.

Program Information

Head Coach.....	Alan Connie (Northeastern '71)
Years at Coastal.....	21
No. of Big South Conference Titles	11
No. of NCAA Appearances	6
Athletics Director.....	Warren "Moose" Koegel (Penn State '71)
SID.....	Colleen O'Connell
SID Phone.....	843-349-6467
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What is a Chanticleer?



A Chanticleer (SHON-ti-cleer) gives Coastal Carolina University one of the most unique nicknames in all of sports. Chanticleer comes from Chaucer's Canterbury Tales and came to Coastal when the University was a member of the University of South Carolina system.

A Chanticleer is a rooster who rules the barnyard with cunning and wit. His competitiveness never wanes as he battles to the end, using his brains to come out on top every time.

Speedy Jepchirchir

Senior **Diana Jepchirchir** just seems to improve race after race. At last weekend's NCAA Southeast Regionals, Jepchirchir finished the 6K course in a record-breaking time of 20:22.50, two seconds faster than her previous personal record. Jepchirchir's 6K time is both a Big South Conference and a Coastal Carolina record.

All-Region Honors for Jepchirchir

With a fifth place finish at the NCAA Southeast Regionals, senior **Diana Jepchirchir** collected All-Region honors, the U.S. Track and Field and Cross Country Coaches Association announced on Tuesday, Nov. 13. It is the 13th-consecutive season in which a Coastal runner has garnered All-Region honors. The streak began in 1995 with **Catherine Conder** receiving her first of three All-Region honors.

Nationals Bound

For the third-straight season, a Coastal runner will compete at the NCAA Championships in Terre Haute, Ind. Senior **Diana Jepchirchir** qualified for the NCAA Championships after being one of the top four runners not from the two qualifying teams. **Anne Marie Moutsinga** and **Julia Viellehner** represented Coastal in 2005 and 2006, respectively.

Cross Country All-America? Only Once

In Coastal Carolina women's cross country history, only **Julia Viellehner** has reached All-America status. Viellehner accomplished the feat last year with an 11th place finish, which was the top freshman finish. Viellehner was also the first All-American in Big South history. The top 30 finishers receive the prestigious honor.

A 6K Best

Three Lady Chanticleers improved their career 6K times at the NCAA Southeast Regionals. Senior **Diana Jepchirchir**, redshirt freshman **Maranie Staab** and freshman **Shelby Donahue** all set new personal records in the 6K:

Runner	Previous Top 6K (Meet)	Current Top 6K
Diana Jepchirchir	20:24.6 (Pre-Nationals)	20:22.50
Maranie Staab	22:26.9 (Pre-Nationals)	22:12.75
Shelby Donahue	24:34 (Brooks Paul Short Run)	24:09.85



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Season Honors

All-Southeast Region

Diana Jepchirchir

Big South Runner of the Year

Diana Jepchirchir

Big South Scholar-Athlete of the Year

Felicitas Mensing

All-Big South Conference

Diana Jepchirchir

Felicitas Mensing

Maranie Staab

Theresa Schamberger

Big South Runner of the Week

Felicitas Mensing (Sept. 6)

Diana Jepchirchir (Oct. 3)

Diana Jepchirchir (Oct. 17)

Top 10 Finishes

Diana Jepchirchir (four times)

Felicitas Mensing (three times)

Theresa Schamberger (twice)

Maranie Staab (twice)

Joyce Curtain (twice)*

Peggy Busbee (once)*

Nikki Jaspersen (once)*

**Top 10 Finish was with the "B" Team*

Bergquist Runs 6K Best, Too

Senior **Aubrey Bergquist** saved her season-best 6K performance for her last career cross country meet. Bergquist clocked 22:48.40 at the NCAA Southeast Regionals, taking 14 seconds off her previous season-best time of 23:02.3 ran at NCAA Pre-Nationals.

Mensing Tabbed Scholar-Athlete

Junior **Felicitas Mensing** was selected as the 2007 Big South Scholar-Athlete of the Year. Mensing carries a 4.0 grade point average and is majoring in applied mathematics with a minor in computer science.

Jepchirchir Wins Individual Crown

Senior **Diana Jepchirchir** became the eighth different Lady Chanticleer to win the Big South Individual Championship and be named Big South Runner of the Year. For Jepchirchir, this is the second time she's won an individual conference championship. Prior to attending Coastal, Jepchirchir won the Sun Belt Cross Country Individual title in 2005 at the University of New Orleans.

Four Run to All-Conference Honors

Senior **Diana Jepchirchir**, junior **Felicitas Mensing**, redshirt freshman **Maranie Staab** and sophomore **Theresa Schamberger** all collected All-Conference honors by finishing in the top 10 at the New Balance Big South Cross Country Championships Oct. 27. Jepchirchir and Mensing finished first and third, respectively. Staab and Schamberger were ninth and 10th, respectively.



2007 Coastal Carolina Women's Cross Country Individual Race-By-Race

Aubrey Bergquist-Senior

Meet	Time/Finish
Covered Bridge Open	20:28.51/49th
Brooks Paul Short Run Invitational	23:20/168th
NCAA Pre-Nationals	23:02.3/208th
New Balance Big South Championships	18:43.3/16th
NCAA Southeast Regionals	22:48.40/114th

Peggy Busbee-Sophomore

Meet	Time/Finish
Covered Bridge Open	21:50.62/81st
Coastal Carolina Invitational	21:45.63/18th
Brooks Paul Short Run JV	25:55/242nd
Low Country Invite	21:01/9th
New Balance Big South Championships	21:24.0/53rd

Joyce Curtain-Freshman

Meet	Time/Finish
Coastal Carolina Invitational	20:08.22/10th
Brooks Paul Short Run Invitational	24:07/234th
Low Country Invite	21:23/10th
New Balance Big South Championships	20:38.7/49th

Shelby Donahue-Freshman

Meet	Time/Finish
Covered Bridge Open	20:36.41/54th
Coastal Carolina Invitational	20:22.51/11th
Brooks Paul Short Run Invitational	24:34/255th
Low Country Invite	19:38/2nd
New Balance Big South Championships	19:33.9/25th
NCAA Southeast Regionals	24:09.25/191st

Nikki Jaspersen-Senior

Meet	Time/Finish
Coastal Carolina Invitational	20:55.51/12th
Brooks Paul Short Run JV	24:10/107th
Low Country Invite	20:09/5th
New Balance Big South Championships	19:47.6/32nd
NCAA Southeast Regionals	24:15.40/197th

Diana Jepchirchir-Senior

Meet	Time/Finish
Coastal Carolina Invitational	18:16.71/1st
Brooks Paul Short Run Invitational	20:57/11th
NCAA Pre-Nationals	20:24.6/6th
New Balance Big South Championships	17:07.2/1st
NCAA Southeast Regionals	20:22.50/5th

Felicitas Mensing-Junior

Meet	Time/Finish
Covered Bridge Open	18:21.67/4th
Coastal Carolina Invitational	18:19.48/2nd
Brooks Paul Short Run Invitational	21:50/53rd
NCAA Pre-Nationals	21:28.2/77th
New Balance Big South Championships	17:49.7/3rd
NCAA Southeast Regionals	DNF

Theresa Schamberger-Sophomore

Meet	Time/Finish
Covered Bridge Open	19:04.40/14th
Coastal Carolina Invitational	19:02.06/3rd
Brooks Paul Short Run Invitational	22:13/75th
NCAA Pre-Nationals	22:45.7/189th
New Balance Big South Championships	18:11.2/10th
NCAA Southeast Regionals	22:37.05/105th

Maranie Staab-R-Freshman

Meet	Time/Finish
Coastal Carolina Invitational	19:21.22/5th
Brooks Paul Short Run Invitational	22:47/122nd
NCAA Pre-Nationals	22:26.9/167th
New Balance Big South Championships	18:08.4/9th
NCAA Southeast Regionals	22:12.75/81st

Kate Taber-Freshman

Meet	Time/Finish
Low Country Invite	21:48/12th

Keli-Jo White-Junior

Meet	Time/Finish
Covered Bridge Open	20:39.27/57th
Coastal Carolina Invitational	20:58.95/14th
Brooks Paul Short Run JV	23:59/89th
NCAA Pre-Nationals	24:21.1/245th
New Balance Big South Championships	20:06.8/40th

Rindi Wood-Freshman

Meet	Time/Finish
Will redshirt the season	

Kathryn Zenowitz-Sophomore

Meet	Time/Finish
Coastal Carolina Invitational	22:58.66/23rd
Low Country Invite	21:43/11th



2007 Coastal Carolina Women's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>Ht.</u>	<u>Hometown/High School</u>
Aubrey Bergquist	Sr.	5-4	Pataskala, Ohio/Watkins Memorial
Peggy Busbee	So.	5-5	Aiken, S.C./South Aiken
Joyce Curtin	Fr.	5-10	Killeagh, Ireland/Colaiste Eoin
Shelby Donahue	Fr.	5-2	Griswold, Conn./Griswold
Nikki Jasperson	Sr.	5-6	Fort Wayne, Ind./Bishop Luers
Diana Jepchirchir	Sr.	5-2	Kampala, Uganda/University of New Orleans
Felicitas Mensing	Jr.	5-5	Neuhausen, Germany/Leplergy Secondary School
Theresa Schamberger	So.	5-3	Kendalville, Ind./East Noble
Maranie Staab	R-Fr.	5-8	Trafford, Pa./Penn Trafford
Kate Taber	Fr.	5-7	Virginia Beach, Va./Bishop Sullivan
Keli Jo White	Jr.	5-10	Wadsworth, Ohio/Wadsworth
Rindi Wood	Fr.	5-7	Charleston, S.C./James Island
Kathryn Zenowitz	So.	5-9	Groton Long Pt., Conn./Robert E. Fitch

Head Coach: Alan Connie (Northeastern '71), 21st season