



2009 Arkansas Tech Golden Suns Cross Country Results

Team Results

Sep. 5 at Brooks/Memphis Twilight (5K) – Memphis, Tenn.

*11th of 24 teams – 255 points
3rd among non-Division I teams*

Sept. 11 at Tech Twilight Run (2 miles) – Russellville, Ark.

4th of 6 teams – 66 points

Sept. 19 at Missouri Southern Stampede (5K) – Joplin, Mo.

13th of 41 teams – 446 points

Oct. 10 – at Harding Lady Bison Stampede (5K) – Searcy, Ark.

2nd of 6 teams – 51 points

Oct. 17 – Chile Pepper Festival (6K) – Fayetteville, Ark.

*26th of 34 teams - 648 points
2nd among non-Division I teams*

Oct. 24 – GSC Championships (5K) – Hoover, Ala.

3rd of 14 teams - 109 points

Nov. 7 – NCAA South Regionals (6K) – Tampa, Fla.

Individual Results

Runner	Meet	Team Points	Overall Place	Time
Lauren Karnitz	Memphis Twilight (5K)	72	77th	20:54
	Tech Twilight (2 miles)	25	25th	13:13
	MSSU Stampede (5K)	95	104th	20:01
	Lady Bison Stampede (5K)	15	17th	21:45
	Chile Pepper Festival (6K)	169	199th	24:49
	GSC Championship (5K)	26	27th	20:51
Bailee Miller	Memphis Twilight (5K)	1	3rd	18:23
	Tech Twilight (2 miles)	1	1st	11:22
	MSSU Stampede (5K)	16	16th	18:08
	Lady Bison Stampede (5K)	1	1st	19:26
	Chile Pepper Festival (6K)	40	45th	22:15
	GSC Championship (5K)	2	2nd	18:42
Melissa Pollreis	Memphis Twilight (5K)	29	32th	19:40
	Tech Twilight (2 miles)	4	4th	11:40
	MSSU Stampede (5K)	48	51st	19:00

	Lady Bison Stampede (5K)	4	4th	19:47
	Chile Pepper Festival (6K)	72	84th	22:59
	GSC Championship (5K)	13	13th	19:58
Michelle Pollreis	Memphis Twilight (5K)	69	74th	20:49
	Tech Twilight (2 miles)	17	17th	12:34
	MSSU Stampede (5K)	129	148th	20:31
	Lady Bison Stampede (5K)	13	14th	21:20
	Chile Pepper Festival (6K)	175	205th	25:01
	GSC Championship (5K)	24	25th	20:44
Stormi Richardson	Memphis Twilight (5K)	96	106th	21:59
	Tech Twilight (2 miles)	26	26th	13:15
	MSSU Stampede (5K)	179	213th	21:13
	Lady Bison Stampede (5K)	18	21st	22:24
	Chile Pepper Festival (6K)	193	228th	26:06
	GSC Championship (5K)	47	49th	21:51
Jenna Siebenmorgen	Memphis Twilight (5K)	84	92nd	21:22
	Tech Twilight (2 miles)	19	19th	12:50
	MSSU Stampede (5K)	158	183rd	20:56
	Lady Bison Stampede (5K)	22	26th	23:38
	Chile Pepper Festival (6K)	192	227th	26:04
	GSC Championship (5K)	44	46th	21:43