

ATHLETIC COMMUNICATIONS OFFICE

UNIVERSITY AT BUFFALO

175 ALUMNI ARENA

BUFFALO, NEW YORK 14260

(716) 645-6311 • FAX: (716) 645-6840 • WEB: WWW.BUFFALOBULLS.COM

Cross Country



Date: November 1, 2004 • For release: Immediately • Contact: Ted Wasko

Current records – Men: 0-0 Overall, 0-0 MAC; Women: 0-0 Overall, 0-0 MAC

KOEPEL WINS MAC INDIVIDUAL TITLE AS UB WOMEN SECURE HIGHEST FINISH AT LEAGUE CHAMPIONSHIPS

The University at Buffalo's women's cross country team scored its best-ever finish on Saturday at the Mid-American Conference Championships with a fourth-place showing with senior **Jenny Koepfel (Amherst, NY/Amherst)** winning the women's 5K race and earning First Team All-MAC honors. The MAC Championships were held at Toledo's Ottawa Park Golf Course.

Kent State won its first women's championship, scoring 84 points to hold off second-place Ball State with 86 points. Akron was third with 106 with UB, a close fourth, at 108 points and host Toledo fifth with 124. Miami (134), Bowling Green (140), Western Michigan (157), Northern Illinois (201), Ohio (255), Eastern Michigan (296), Central Michigan (303) and Marshall (430) rounded out the women's field.

Koepfel completed the 5K course in 17:51.70, finishing seven seconds ahead of Ball State's Jill Scully (17:58.05). Koepfel and Scully, the two fastest runners in the MAC this season, broke away from the pack at the 3,000-meter mark with Koepfel taking the lead shortly thereafter and not relinquishing the spot. Koepfel's time was the second-fastest of the season for the senior. She turned in a 17:39 on the same course when she won the Central Collegiate Invitational on September 18. This is Koepfel's second MAC championship and first on the cross country course. Koepfel won the MAC's 10,000-meter run at last season's Outdoor Track and Field Championships.

"Jenny Koepfel ran a textbook-perfect race," said UB head coach Vicki Mitchell. "Everything that she trained for all season came out for her to be MAC champion. Jenny just ran spectacular."

UB's **Kelli O'Brien (Clifton Springs, NY/Manchester-Shortsville)** also ran a strong race on Saturday, finishing in 18:42.20 to take 12th place and the final spot on the All-MAC Second Team. The top six finishers earn First Team All-MAC recognition while the next six are named to the Second Team.

Other UB women's finishers included **Aleksandra Bykowska (Poznan, Poland/Third High School in Poznan)** in a season-best 19:01.30 for 22nd, **Jen Jezorski (Elmira, NY/Elmira Southside)** in 19:03.30 for 25th and **Jennie Donofrio (Pittsford, NY/Penfield)** in 19:38.95 for 49th.

"The women's race was exactly what I had expected in terms of the top five teams being very close points-wise," said Mitchell. "We're definitely moving in the right direction. It was good stuff today. It was an exciting race in incredibly windy conditions."

UB MEN JUMP THREE SPOTS OVER LAST SEASON'S FINISH

UB's men took seventh overall, an improvement of three spots from last year's 10th-place finish. Central Michigan captured the men's championship for the third consecutive year, scoring 31 points among the 10 squads. Miami was second with 57 points. Kent State (86), Ohio (107), Eastern Michigan (116), Akron (148), UB (196), Marshall (257), Toledo (258) and Bowling Green (262) completed the men's field.

Sophomore **Dan McKenna (Liverpool, NY/Liverpool)** was the top finisher in the 8K event in 26:17.20 to place 26th overall. **Ben Cady (Buffalo, NY/City Honors)** was 38th in 26:47.60. **Steve Strelick (Rochester, NY/Greece-Athena)** was 44th in 26:59.05 with **Andy Wigton (Rochester, NY/Greece-Athena)** 49th in 27:10.60. Central Michigan's Tristen Perlberg won the individual title in 24:42.25, 12 seconds ahead of second-place David Mitchell of Miami.

2004 SCHEDULE AND RESULTS

September

Sat., 11	at Tommy Evans Invitational	M: 3rd of 4	W: 1st of 4
Sat., 18	at Central Collegiate Inv.	M: 3rd of 8	W: 1st of 11
Sat., 25	at Paul Short Invitational	M: 16th of 24	W: 6th of 26

October

Sat., 2	at LaSalle Invitational	M: 2nd of 12	W: 1st of 14
Sat., 9	UB OPEN	M: 1st of 6	W: 1st of 6
Sat., 16	at Penn State Invitational	M: 14th of 38	W: 14th of 41
	at Roberts Wesleyan Inv.	M: 2nd of 9	W: 8th of 11
Sat., 30	at MAC Championships	M: 7th of 10	W: 4th of 13

November

Sat., 13	at NCAA Northeast Regionals	12:00 pm	New York, NY
Mon., 22	at NCAA Championships	TBA	Terre Haute, IN

Home meets in **BOLD CAPS** • All Times Eastern

TOP FINISHERS

Sept. 11	at Tommy Evans Invitational	Men (4 miles): Dan Giza 21:42 (7th of 41)	Women (5K): Jenny Koepfel 18:21 (1st of 40)
Sept. 18	at Central Collegiate Invitational	Men (8K): Andy Wigton 25:41 (8th of 78)	Women (5K): Jenny Koepfel 17:49 (1st of 118)
Sept. 25	at Paul Short Invitational	Men (8K): Dan McKenna 25:39.48 (77th of 163)	Women (6K): Jenny Koepfel 20:59.05 (7th of 175)
Oct. 2	at LaSalle Invitational	Men (8K): Andy Wigton 26:07.00 (2nd of 100)	Women (5K): Jenny Koepfel 18:25.90 (2nd of 128)
Oct. 9	UB OPEN	Men (8K): Andy Wigton 26:10.38 (2nd of 56)	Women (5K): Jenny Koepfel 17:59.35 (1st of 60)
Oct. 16	at Penn State Invitational	Men (5.2 miles): Andy Wigton 26:23 (28th of 322)	Women (5K): Jenny Koepfel 21:26 (20th of 346)
	at Roberts Wesleyan Invitational	Men (8K): Chuck Laderer 26:42.2 (5th of 92)	Women (5K): Susanna Cronmiller 20:41.5 (28th of 98)
Oct. 30	at MAC Championships	Men (8K): Dan McKenna 26:17.20 (26th of 82)	Women (5K): Jenny Koepfel 17:51.70 (1st of 107)