

2019 EIU CROSS COUNTRY WOMEN'S RESULTS



EIU Walt Crawford Open

September 6, 2019 --- 5K

CHARLESTON, ILL. (TOM WOODALL PANTHER TRAIL)

TEAM FINISH 1st (of 6).....20 points

EIU TOP 5 FINISHERS PLACE TIME

1.) Grace Rowan	1st.....	18:16.7
2.) Helena Keenan.....	2nd	18:31.4
3.) Avani Flanagan.....	4th.....	18:49.9
4.) Maggie McPherson	6th.....	19:07.0
5.) Jocelyne Mendoza	7th.....	19:08.9

Bradley Pink Classic

October 18, 2019 --- 6K

PEORIA, ILL. (NEWMAN GOLF COURSE)

TEAM FINISH 9th (of 23).....263 points

EIU TOP 5 FINISHERS PLACE TIME

1.) Avani Flanagan.....	27th.....	21:57.8
2.) Shelby Siltman	45th.....	22:17.3
3.) Grace Rowan	46th.....	22:17.4
4.) Maggie McPherson	62nd.....	22:33.7
5.) Sarah CArr	86th.....	22:56.0

Indiana State McNichols Invite

September 21, 2019 --- 5K

TERRE HAUTE, IND. (LAVERN GIBSON CHAMPIONSHIP COURSE)

TEAM FINISH 8th (of 21).....299 points

EIU TOP 5 FINISHERS PLACE TIME

1.) Shelby Siltman	72nd.....	18:28.1
2.) Grace Rowan	82nd.....	18:38.2
3.) Avani Flanagan.....	88th.....	18:49.2
4.) Maggie McPherson	97th.....	19:03.0
5.) Helena Keenan.....	107th.....	19:22.3

Ohio Valley Conference Championships

November 2, 2019 --- 5K

EDWARDSVILLE, ILL. (SIUE CAMPUS COURSE)

TEAM FINISH 2nd (of 12).....60 points

EIU TOP 5 FINISHERS PLACE TIME

1.) Grace Rowan	2nd.....	17:52.1 (1st team OVC)
2.) Avani Flanagan.....	7th.....	18:05.7 (1st team OVC)
3.) Shelby Siltman	12th.....	18:23.4 (2nd team OVC)
4.) Maggie McPherson	18th.....	18:41.3
5.) Helena Keenan.....	21st.....	18:46.8

ERIN HOWARTH - OVC WOMEN'S COACH OF THE YEAR

Louisville Cross Country Classic - Gold

October 5, 2019 --- 5K

LOUISVILLE, KY. (E.P. 'TOM' SAWYER STATE PARK)

TEAM FINISH 13th (of 39).....408 points

EIU TOP 5 FINISHERS PLACE TIME

1.) Grace Rowan	29th.....	17:41.2
2.) Avani Flanagan.....	49th.....	17:57.4
3.) Shelby Siltman	61st.....	18:06.4
4.) Maggie McPherson	132nd.....	18:40.5
5.) Megan Adams	143rd.....	18:43.6

NCAA Midwest Regional

November 15, 2019 --- 6K

STILLWATER, OKLA. (OSU CROSS COUNTRY COURSE)

TEAM FINISH 18th (of 33).....459 points

EIU TOP 5 FINISHERS PLACE TIME

1.) Grace Rowan	28th.....	21:24.7
2.) Shelby Siltman	93rd.....	22:27.9
3.) Avani Flanagan.....	108th.....	22:42.0
4.) Helena Keenan.....	116th.....	22:49.7
5.) Maggie McPherson	122nd.....	22:54.3

2019 EIU CROSS COUNTRY WOMEN'S RESULTS



Megan Adams • Sophomore

Mendon, Ill./Mendon HS

PERSONAL RECORD -- (5K - 18:43.6 @ 2019 Louisville Classic)

EVENT.....	RESULT.....	TIME.....
Walt Crawford EIU	16th.....	20:02.7
INST McNichols Invite	138th.....	20:09.1
Louisville Cross Classic.....	143rd.....	18:43.6
Bradley Pink Classic - Red	120th.....	23:30.6
OVC Championships	22nd	18:47.9
NCAA Midwest Regional	137th.....	23:04.4

Abby Fisher • RS-Senior

St. Joseph, Ill./St. Joseph-Ogden HS

PERSONAL RECORD -- (5K - 18:59.4 @ 2019 OVC Championships)

EVENT.....	RESULT.....	TIME.....
Walt Crawford EIU	DNP	
INST McNichols Invite	136th.....	20:07.1
Louisville Cross Classic.....	202nd	19:07.8
Bradley Pink Classic - Red	131st.....	23:39.5
OVC Championships	27th.....	18:59.4
NCAA Midwest Regional	161st.....	23:28.8

Kate Bushue • Junior

Mount Vernon, Ill./Mount Vernon HS

PERSONAL RECORD -- (5K - 18:12.4 @ 2017 OVC Championships)

EVENT.....	RESULT.....	TIME.....
Walt Crawford EIU	DNP	
INST McNichols Invite	DNP	
Louisville Cross Classic.....	DNP	
Bradley Pink Classic	DNP	
OVC Championships	DNP	
NCAA Midwest Regional	DNP	

Avani Flanagan • Junior

Crystal Lake, Ill./Crystal Lake Central HS

PERSONAL RECORD -- (5K - 17:57.4 @ 2019 Louisville Classic)

EVENT.....	RESULT.....	TIME.....
Walt Crawford EIU	4th.....	18:49.9
INST McNichols Invite	88th.....	18:49.2
Louisville Cross Classic.....	49th.....	17:57.4
Bradley Pink Classic - Red	27th.....	21:57.8
OVC Championships	7th.....	18:05.7 (1st team OVC)
NCAA Midwest Regional	108th.....	22:42.0

Sarah Carr • Freshman

Effingham, Ill./Saint Anthony HS

PERSONAL RECORD -- (5K - 19:01.4 @ 2019 OVC Championships)

EVENT.....	RESULT.....	TIME.....
Walt Crawford EIU	10th.....	19:29.4
INST McNichols Invite	116th.....	19:33.9
Louisville Cross Classic.....	204th.....	19:08.5
Bradley Pink Classic - Red	86th.....	22:56.0
OVC Championships	28th.....	19:01.4
NCAA Midwest Regional	DNP	

Ashley Gilmore • Junior

Freeburg, Ill./Freeburg HS

PERSONAL RECORD -- (5K -20:44.2 @ 2018 Illini Open)

EVENT.....	RESULT.....	TIME.....
Walt Crawford EIU	21st.....	20:54.3
INST McNichols Invite	174th.....	21:29.7
Louisville Cross Classic.....	DNP	
Bradley Pink Classic - White	50th.....	25:16.2
OVC Championships	DNP	
NCAA Midwest Regional	DNP	

Meghan Donovan • RS-Freshman

Naperville, Ill./Naperville Central HS

PERSONAL RECORD -- (5K - 21:27.6 @ 2019 INST McNichols Invite)

EVENT.....	RESULT.....	TIME.....
Walt Crawford EIU	DNP	
INST McNichols Invite	173rd.....	21:27.6
Louisville Cross Classic.....	DNP	
Bradley Pink Classic - White	46th.....	25:03.8
OVC Championships	DNP	
NCAA Midwest Regional	DNP	

Audrey Hancock • Freshman

Tolono, Ill./Tolono Unity HS

PERSONAL RECORD -- (5K - 21:12.4 @ 2019 INST McNichols Invite)

EVENT.....	RESULT.....	TIME.....
Walt Crawford EIU	26th.....	21:32.2
INST McNichols Invite	168th.....	21:12.4
Louisville Cross Classic.....	DNP	
Bradley Pink Classic - White	44th.....	24:55.6
OVC Championships	DNP	
NCAA Midwest Regional	DNP	

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Chloe Irish • RS-Sophomore

De Pere, Wis./West De Pere HS

PERSONAL RECORD -- (5K - 20:01.2 @ 2019 EIU Walt Crawford)

EVENT	RESULT	TIME
Walt Crawford EIU	15th	20:01.2
INST McNichols Invite	148th	20:25.0
Louisville Cross Classic	DNP	
Bradley Pink Classic - White	38th	24:40.0
OVC Championships	DNP	
NCAA Midwest Regional	DNP	

Maggie McPherson • Junior

Sterling, Ill./Sterling HS

PERSONAL RECORD -- (5K - 18:40.5 @ 2019 Louisville Classic)

EVENT	RESULT	TIME
Walt Crawford EIU	6th	19:07.0
INST McNichols Invite	97th	19:03.0
Louisville Cross Classic	131st	18:40.5
Bradley Pink Classic - Red	62nd	22:33.7
OVC Championships	18th	18:41.3
NCAA Midwest Regional	122nd	22:54.3

Amani Jackson-Gladney • RS-Freshman

Chicago, Ill./Kenwood HS

PERSONAL RECORD -- (5K - 21:42.7 @ 2019 EIU Walt Crawford)

EVENT	RESULT	TIME
Walt Crawford EIU	28th	21:42.7
INST McNichols Invite	DNP	
Louisville Cross Classic	DNP	
Bradley Pink Classic - White	55th	25:38.1
OVC Championships	DNP	
NCAA Midwest Regional	DNP	

Jocelyne Mendoza • RS-Senior

Chicago, Ill./Taft HS

PERSONAL RECORD -- (5K - 18:23.2 @ 2015 OVC Championships)

EVENT	RESULT	TIME
Walt Crawford EIU	7th	19:08.9
INST McNichols Invite	118th	19:37.0
Louisville Cross Classic	203rd	19:08.3
Bradley Pink Classic - Red	109th	23:19.5
OVC Championships	45th	19:22.9
NCAA Midwest Regional	DNP	

Helena Keenan • Graduate Student

Leicester, England (Beauchamp College / Iona Univ.)

PERSONAL RECORD -- (5K - 18:31.4 @ 2019 EIU Walt Crawford)

EVENT	RESULT	TIME
Walt Crawford EIU	2nd	18:31.4
INST McNichols Invite	107th	19:22.3
Louisville Cross Classic	DNP	
Bradley Pink Classic	DNP	
OVC Championships	21st	18:46.8
NCAA Midwest Regional	116th	22:49.7

Grace Rowan • RS-Senior

Belleville, Ill./Belleville Althoff Catholic HS

PERSONAL RECORD -- (5K - 17:41.2 at 2019 Louisville Classic)

EVENT	RESULT	TIME
Walt Crawford EIU	1st	18:16.7 (OVC Runner of Week)
INST McNichols Invite	82nd	18:38.2
Louisville Cross Classic	29th	17:41.2
Bradley Pink Classic - Red	46th	22:17.4
OVC Championships	2nd	17:52.1 (1st team OVC)
NCAA Midwest Regional	28th	21:24.7

Sam Mabry • RS- Freshman

St. Joseph, Ill./St. Joseph-Ogden HS

PERSONAL RECORD -- (5K - 20:38.8 @ 2019 EIU Walt Crawford)

EVENT	RESULT	TIME
Walt Crawford EIU	20th	20:38.8
INST McNichols Invite	DNP	
Louisville Cross Classic	DNP	
Bradley Pink Classic	DNP	
OVC Championships	DNP	
NCAA Midwest Regional	DNP	

Breanna Sheldon • Freshman

Machesney Park, Ill./Harlem HS

PERSONAL RECORD -- (5K - 19:26.6 @ 2019 Louisville Classic)

EVENT	RESULT	TIME
Walt Crawford EIU	18th	20:21.3
INST McNichols Invite	129th	19:54.7
Louisville Cross Classic	249th	19:26.6
Bradley Pink Classic - White	22nd	23:53.5
OVC Championships	DNP	
NCAA Midwest Regional	DNP	

2019 EIU CROSS COUNTRY WOMEN'S RESULTS



EASTERN ILLINOIS.

Shelby Siltman • RS-Sophomore

Hopedale, Ill./Olympia HS

PERSONAL RECORD -- (5K - 18:06.4 @ 2019 Louisville Classic)

<u>EVENT</u>	<u>RESULT</u>	<u>TIME</u>
Walt Crawford EIU	DNP	
INST McNichols Invite	72nd	18:28.1
Louisville Cross Classic.....	61st.....	18:06.4
Bradley Pink Classic - Red	45th.....	22:17.3
OVC Championships.....	12th.....	18:23.4 (2nd team OVC)
NCAA Midwest Regional	93rd.....	22:27.9

Katie Springer • Freshman

Delavan, Ill./Delavan HS

PERSONAL RECORD -- (5K - 19:10.1 @ 2019 Louisville Classic)

<u>EVENT</u>	<u>RESULT</u>	<u>TIME</u>
Walt Crawford EIU	11th.....	19:32.0
INST McNichols Invite	DNP	
Louisville Cross Classic.....	212nd	19:10.1
Bradley Pink Classic - Red	135th.....	23:43.3
OVC Championships.....	51st.....	19:40.1
NCAA Midwest Regional	DNP	