

2005 Cross Country Schedule

Saturday, September 3	at CS Fullerton Invitational (Craig Regional Park)
Saturday, September 17	at Sundodger Invitational (Seattle, WA - Lincoln Park)
Saturday, September 24	at Roy Griak Invitational (Minneapolis, MN -Les Bolstad Golf Course)
Saturday, October 8	at UCSD Invitational (Campus Course)
Saturday, October 15	at Pre-NCAA Invitational (Terre Haute, IN - Wabash Family Sports Center)
Friday, October 21	at Fullerton Invitational (Campus Course)
Saturday, October 29	at Pac-10 Championships (Tucson, AZ - Randolff Golf Course)
Saturday, November 12	at NCAA West Regional Championships (Palo Alto, CA - Campus Golf Course)
Monday, November 21	at NCAA Championships (Terre Haute, IN - Wabash Family Sports Center)

2004 Team Results

Sept. 4 at USF Invitational (Women - 3rd/Men - 2nd)
Sept. 25 at Stanford Invitational (Women - 3rd/Men - 3rd)
Oct. 1 at Notre Dame Invitational (Women - 7th/Men - 10th)
Oct. 9 at UC San Diego Invitational (Women - 3rd)
Oct. 16 at Pre-NCAA Invitational - Terre Haute, IN
(Women - 10th/Men - 13th)
Oct. 22 at CS Fullerton Invitational (Women - 1st)
Oct. 30 at Pac-10 Championships - San Francisco - Golden Gate Park
(Women - 4th/Men - 5th)
Nov. 13 at NCAA West Regionals - Fresno, CA - Woodward Park
(Women - 6th/Men - 4th)
Nov. 22 at NCAA Championships - Terre Haute, IN
(Women - 27th/Jon Rankin - 31:49.8, 39th)

The UCLA Athletic Department wishes to express its gratitude to
Victoria Cook-Chapus
for making the first endowed women's track & field scholarship
a reality.
For information on how you can endow a scholarship, call the
UCLA Athletic Fund Office at 310/206-6533.

Credits

The 2005 UCLA Cross Country media guide was written, edited and designed by Stephanie Sampson and Bill Bennett. Additional assistance provided by Danny Harrington. All photos are courtesy of ASUCLA Photography and Scott Quintard. Front cover designed by Tony Golston.

2004 Wrap-Up

The 2004 cross country season saw the Bruin women qualify for their fourth consecutive NCAA Championship team appearance and an All-American honor for Bruin senior Jon Rankin.

Women

The Bruins capped off their season in Terre Haute, IN, with a 27th-place team finish as sophomore Ashley Caldwell led the women with a 98th-place finish (21:55.0). At West Region, sophomore Alison Costello, the Bruins' No. 1 runner all season, highlighted a sixth-place finish for the women as she ran 21:21 to place 22nd overall, earning All-West Region honors. At Pac-10's, it was again Costello, leading the team to a fourth-place finish, running 21:30 and a 15th-place individual finish. The team was bolstered by freshmen Olga Aulet-Leon and Monika Rothenburger (the team's newcomers of the year), who added depth throughout the season. Coupled with senior Carmen Winant and juniors Allison Hall and Jenna Timinsky, the Bruins had a successful 2004 campaign.

Men

Senior Jon Rankin led the Bruin men in 2004 from start to finish, capped off by an All-American performance (first of his career) at the NCAA Cross Country Championships (39th, 31:49.8). Rankin also earned All-West Region and All-Pac-10 honors after finishing sixth at the West Region meet (30:30) and fifth at the Pac-10 Championships (24:31). Backed by a strong group of runners - seniors Erik Emilsson and Ben Aragon, along with juniors Martell Munguia and Nick DeFelice, sophomore Austin Ramos and freshmen Mike Haddan and Kyle Shackleton, the men recorded their highest finish at the West Region meet (4th) since 1996, as well as the Pac-10 meet (5th).

Pac-10 All-Academic Cross Country Honors



Women

First Team – Jenna Timinsky (3.85gpa/Linguistic Anthropology), Carmen Winant (3.84gpa/Art)

Second Team – Allison Hall (3.65gpa/Psychology), Sarah West (3.66gpa/Psychology)

Honorable Mention – Leslie Barrie, Ashley Caldwell

Men

Second Team – Erik Emilsson (3.38gpa/Business Economics/Political Science)

Honorable Mention – Austin Ramos

Women's Intercollegiate Cross Country Coaches Association

The women's cross country team, with a combined team gpa of 3.1355 was named an "All-Academic Cross Country Team" by the WICCCA.

MPSF All-Academic Indoor Track Honors



Women

Ashley Caldwell (3.34gpa/Pre-Political Science), Allison Hall (3.66gpa/Psychology), Sarah West (3.73gpa/Psychology), Carmen Winant (3.87gpa/Art)

Men

Erik Emilsson (3.34gpa/Business Economics/Political Science), Austin Ramos (3.12gpa/Undeclared)

Pac-10 All-Academic Track & Field Honors



Women

First Team – Jenna Timinsky (3.84gpa/Linguistic Anthropology), Carmen Winant (3.87gpa/Art)

Second Team – Sarah West (3.73gpa/Psychology)

Honorable Mention – Leslie Barrie

Men

Second Team – Erik Emilsson (3.34gpa/Business Economics/Political Science)

Honorable Mention – Austin Ramos

ESPN The Magazine Academic All-District VIII (selected by CoSIDA)

Women

First Team – Jenna Timinsky (3.84gpa/Linguistic Anthropology)

Nominated – Ashley Caldwell (3.336gpa/Pre-Political Science)

Men

Second Team – Erik Emilsson (3.34gpa/Business Economics/Political Science)

Arthur Ashe, Jr. Sports Scholar

Third Team – Ashley Caldwell (3.29gpa/Pre-Political Science)

ERIC PETERSON

HEAD COACH :: 12TH YEAR (WOMEN)/ 6TH YEAR (MEN) :: OREGON ('90)



Coaching Highlights

* Coached 2004 CC All-American, 2005 1500m Pac-10/West Region Champion and 2001 U.S. Junior 1500m Champion Jon Rankin

*Member of 2004 NCAA Outdoor T & F Team Champion UCLA Women's Coaching Staff

*2004-03-02-01-99-98 UCLA Women CC Teams Qualified for NCAA Championships

*2003 West Region CC Women's Coach of the Year

*Alison Costello - 2004 U. S. Junior Cross Country Champion

*Ashley Caldwell - 2004 Pac-10 800m Champion/2003-04 three-time All-American

*Ben Aragon - 2004 Pac-10 800m Champion; Indoor Mile School Record-Holder (4:00.38)

*Lena Nilsson - 2003 NCAA Indoor 800m champion, 2002 NCAA Outdoor 1500m champion, 2003-02 Pac-10 Women's T & F Athlete of the Year, School Record-Holder in the 800m (2:02.26) and 1500m (4:07.69)

*2002 NCAA Indoor Distance Medley Relay Champions (Tiffany Burgess, 1200m; Monique Henderson, 400m; Jessica Marr, 800m; Lena Nilsson, 1600m - 10:58.19, NCAA Meet Record)

*Ysanne Williams - Six-time All-American/1999 Pan Am and U. S. Junior 800m champion

*Karen Hecox - 1994 NCAA 3000m Champion, 1994-93 Pac-10 CC Champion

Former Oregon distance All-American Eric Peterson, entering his 13th year on the staff of the UCLA track and field program, has established himself as one of the top collegiate cross country and distance coaches in the nation.

A member of Jeanette Bolden's UCLA women's track & field staff, Peterson helped coach the Bruins to the 2004 NCAA Outdoor, second-consecutive West Region and eighth-consecutive Pac-10 championships.

He begins his sixth season as head coach for both the UCLA women and men's cross country teams and specialty coach for the Bruin women and men's track distance corps. For the past 11 years (1994-04), Peterson has been the UCLA women's cross country head coach. Prior to that, in 1993, he served as an assistant to then-Bruin cross country head coach Bob Larsen, the 2004 U. S. Olympic men's distance coach.

Peterson has enjoyed a successful 12 seasons with the UCLA women's cross country and distance teams. For six (2004-03-02-01-99-98) of the last seven cross country campaigns, including the last four seasons, he directed the Bruin women to a team berth at the NCAA Cross Country Championships, UCLA's first appearances since 1988.

2004-05 UCLA Women

In cross country, UCLA once again advanced as a team to the NCAA Championships, placing 27th. Sophomore Ashley Caldwell was UCLA's top runner at the nationals, placing 98th (21:55.0/6000m). Sophomore Alison Costello was UCLA's No. 1 runner most of the season – she was the Bruins' No. 2 performer at the NCAA and led UCLA at the West Region (22nd/21:21/6000m-earning All-Region honors) and Pac-10 (15th/21:20/6000m) meets. Costello is the 2004 U. S. Junior Cross Country champion. The Bruin women placed fourth at the Pac-10 and sixth at the West Region Championships.

At the Pac-10 Outdoor Track & Field Championships, the Bruins had two scorers in the 10,000m – senior Valerie Flores (4th/36:51.56) and junior Sarah West (7th/37:27.75). In the 3000m steeplechase, Costello finished fourth, with a school record time of 10:31.34. Flores, in 2003 cross country as a senior, led the Bruins to a seventh-place team finish (highest since 1985) at the NCAA Championships and earned All-American honors (20th/20.89). Her 35:08.05 in the 10,000m is No. 6 in UCLA history.

A stalwart for the UCLA women's distance corps has been senior Jenna Timinsky. She has been a major contributor helping the Bruin cross country squad to three consecutive NCAA Championship team appearances and her 2:06.26 800m is No. 9 in school history. As a redshirt freshman in 2003 outdoor track, she placed third in the 800m at the U. S. and fourth at the Pan Am Junior Championships.

Caldwell missed all of outdoor track with a stress fracture (left tibia). In 2003-04 as a sophomore, Caldwell earned three All-American honors - in cross country (36th/20:45.6), indoor track (distance medley relay, third leg/3rd/11:08.70) and outdoor track (800m/10thQ/2:06.51/top eight Americans) and won the Pac-10 800m (2:06.88/her personal-best 2:05.01 is No. 4 in UCLA history).

2004-05 UCLA Men

Senior Jon Rankin paced the Bruin men last season. In cross country, he was an All-American, the 16th Bruin in men's history to garner the honor (Rankin placed 39th/31:49.8/10,000m at the NCAA Championships). He also earned All-West Region (6th/30:30/10,000m) and first-team All-Pac-10 honors (5th/24:31/8000m). Seniors, Erik Emilsson and Ben Aragon, also earned All-West Region honors, placing 12th (30:43) and 20th (31:02). As a team in 2004, the Bruin men finished fourth at the West Region and fifth at the Pac-10.

As a junior at the 2003 NCAA Cross Country Championships, Emilsson was an individual qualifier for the Bruins (98th/30:52.7).

In outdoor track, Rankin won the 1500m at the West Region (3:44.07) and Pac-10 (3:44.61, the first Bruin in 40 years to win the conference title) Championships. The school record-holder in the 1500m (3:35.26) and No. 4 in UCLA history in the 800m (1:47.11), Rankin last spring became just the second Bruin in the last 25 years to run a sub-four minute mile (3:57.89, No. 3 in school history). In 2001 as a freshman, Rankin won the U. S. Junior 1500m title.

Also in outdoor track at the NCAA Championships – Emilsson, a junior in outdoor eligibility, earned All-American honors in the 3000m steeplechase (8th/personal-best 8:34.80, No. 3 in UCLA history) and junior Martell Munguia qualified in the 800m (his personal-best 1:48.14 is No. 10 in school history).

In indoor track, the Bruins' distance medley relay (DMR), placed second at the NCAA, earning All-American honors for seniors Aragon and Rankin and junior Munguia. As a junior at the 2004 Pac-10 Championships, Aragon won the 800m (1:48.51) and he's the indoor mile school record-holder (4:00.38).

A young distance standout is junior Austin Ramos. As a sophomore last season at the 2005 USA Cross Country Championships, Ramos placed 24th (out of 84 runners) in the Open Men's 12km competition, with a time of 39:13.8.

Peterson's UCLA Coaching Career

Bruin Women Distance Standouts under Peterson (Alphabetical)

Beth Bartholomew – in cross country in 1993, she was the Region VIII runner up and went on to earn All-American honors (16th). Also earned 1994 Outdoor All-American honors in the 5000m (7th place).

Karen Hecox Candaele – in cross



country, Hecox Candaele was a two-time Pac-10 Champion (1993-94), Region Champion (1993) and a two-time All-American (1994, 9th/1993, 10th). In outdoor track, she won the 1994 NCAA 3000m title. In 1998, Hecox Candaele was a member of the USA World Cross Country bronze medal team in Morocco at 4000m. In the summer of 2000, Peterson coached her to the 1500m final at the U. S. Olympic Trials, where Hecox Candaele placed eighth.

Katherina Kechris – in 1997 in outdoor track, she placed 12th at the NCAA in the 3000m and in 1998 cross country, Kechris was an All-Region VIII performer and earned Academic All-American honors.

Melissa McBain – as a senior in 2003-04, McBain earned three All-American honors in cross country (50th/20:53.6), indoor track (DMR, first leg/3rd/11:08.70) and outdoor track (1500m/10thQ/4:24.13/top eight Americans).

Lena Nilsson – one of the greatest distance runners in UCLA

women's history, during her Bruin career (2001-04) Nilsson won two individual NCAA titles (2003 NCAA Indoor 800m/2002 NCAA Outdoor 1500m Champion), was a two-time (2003-02) Pac-10 Track & Field Athlete of the Year (the first women's athlete in league history to repeat as the conference 800m/1500m champion) and she's the school record-holder in the 800m (2:02.26) and 1500m (4:07.69). She also earned All-American honors in cross country in 2002 (17th/20:10.0).

2002 NCAA Indoor Distance Medley Relay Champions – 10:58.19 (Tiffany Burgess, 1200m/Monique Henderson, 400m/ Jessica Marr, 800m/Lena Nilsson, 1600m). Burgess at one time held the school record in the 800m (2:03.73, 2002) and at the 2003 NCAA Indoor, she earned All-American status in the 800m.

Ysanne Williams – during her Bruin career, she was a six-time All-American (including 2001 NCAA Outdoor in the 800m) and in 1999, Williams was the Pan Am and U. S. Junior 800m champion.

Bruin Men Distance Standouts under Peterson

Along with Rankin, Aragon and Emilsson, another Bruin men's distance standout was Bryan Green. Green, one of the top men's UCLA distance runners during Peterson's early Bruin coaching career, twice qualified as an individual to the NCAA Cross Country Championships in 2000 and 2001. In outdoor track, his 10,000m time of 29:25.20 is No. 9 in UCLA history.

Peterson's Distance Running and Coaching Career

A former University of Oregon distance runner, Peterson was a member of the Ducks' 1989 Pac-10 Championship cross country team that placed second at the NCAA. In 1990 Peterson ran on Oregon's Pac-10 track & field championship team and placed second in the 1500m. He earned All-America honors in 1988 in the 1500m and was a two-time (1988, 1992) Olympic Trials qualifier. His personal best

times include a 1:49.78 (800m) and 3:41.03 (1500m).

As a prepster at North Eugene (OR) High School, Peterson was the 1985 Oregon State high school 800m champion and earned prep All-America honors in the 1500m and the mile.

Before coming to Westwood, Peterson served one season (1992-93) as Oregon's graduate assistant strength and conditioning coach and two years (1990-92) as assistant track and field and cross country coach at Rancho Bernardo High School in San Diego.

Peterson has trained and coached with some of the top distance coaches in the world, including Mike

Manley, a 1972 U.S. Olympian in the steeplechase; former Oregon head coach Bill Dellinger, a three-time Olympian in the 5000m; Luiz de' Olivera, who tutored Joaquim Cruz to the 1984 Olympic 800m title and Larsen (the 2004 U.S. Men's Olympic Distance Coach), who led the Bruin men's track & field team to two NCAA Outdoor titles (1988-87) and nine Pac-10 Championships in 15 years (1985-99).

SCOTT ABBOTT

VOLUNTEER ASSISTANT COACH :: UCLA '01



Abbott enters his first season as an assistant coach for the Bruins after coaching at Jesuit High School in Sacramento, CA. While at Jesuit, Abbott coached the team to the 2002 State Cross Country Championship. He also served as coach at Bend High School in Bend, OR where his team also won a state title in 2001. Abbott also served on the United States Olympic Committee Coaching Division in 1999.

While at UCLA, Abbott served as a team captain for the 1999 and 2000 seasons, and was a three-time Pac-10 All-Academic team member and two-time UCLA Track Student-Athlete of the Year. Abbott prepped at Jesuit HS where he led his team to three California State Team championships, and was named All-State and All-West in 1995.

Men's Preview, Roster & Biographies

A mix of experienced veterans, with a group of up and coming talented young runners, will lead UCLA this fall. The Bruins do lose their top three performers from last year's squad that had solid showings at both the West Region (fourth-place, ties best team finish since 1996) and Pac-10 (fifth-place, highest placement since 1997) Championships.

Veterans Returning

Returning for the Bruins in 2005 will be – seniors, Martell Munguia and Nick De Felice; juniors, Austin Ramos and Micky Cobrin; sophomores, Mike Haddan and Kyle Shackleton and redshirt freshmen, Drew Shackleton and Matt Stollenwerk.

Munguia in 2004-05 had a breakout season, especially in outdoor track. In cross country, he placed 63rd (26:36/8000m) at the Pac-10 Championships. In outdoor track, he qualified for the NCAA in the 800m (13th overall/1:49.45) and finished fourth at the West Region (1:48.91) and Pac-10 (1:48.63) Championships. His personal-best 1:48.14 is No. 10 in school history. In indoor track, Munguia earned All-American status on UCLA's distance medley relay, that placed second (9:33.60) at the NCAA Championships.

De Felice has been a cross country contributor since his true freshman season of 2002. As a junior in cross country last fall, he finished 62nd (26:36) at the Pac-10 and 70th (32:21/10,000m) at the West Region Championships. Last spring in outdoor track, De Felice had times of 15:16.87 in the 5000m and 31:15.73 in the 10,000m.

Ramos had an impressive showing last February at the 2005 USA Cross Country Championships held at Vancouver, WA. Running in the Open Men's 12km, Ramos finished 24th (out of 84 runners) in a time of 39:13.8 (he was the youngest of the top 24 placements). In cross country last fall, Ramos was UCLA's No. 3 runner at the Pac-10 (21st/25:06) and No. 4 performer at the West Region (28th/31:30). As a redshirt freshman in outdoor track last spring, at the Pac-10 Championships, he placed eighth in the 10,000m (30:02.01) and ninth in the 5000m (14:15.61).

Cobrin, a two-year contributor to cross country, was UCLA's No. 5 runner at last fall's Pac-10 Championships, placing 48th (26:04). He redshirted the 2005 indoor and outdoor track seasons.

"Our team in 2005 showed tremendous improvement," said Peterson. "We proved that we have the capability to compete among the top teams in the West Region and perhaps the nation. Our goal is to build on last year's success, continue to be highly competitive in the conference and regional meets, and to qualify for nationals. Austin Ramos, one of the nation's up and coming stars, will lead our team. The other returning veterans are all capable of contributing to our team's success."

Underclassmen Returning

Haddan and the Shackleton twins lead the Bruins' pack of talented returning young runners. Haddan, named "Most Outstanding Freshman Distance Runner," last fall in cross country was UCLA's No. 5 finisher (55th/31:58) at the West Region and No. 7 runner (52nd/26:13) at the Pac-10. His outdoor track times last spring included a 1:51.61 (800m) and 3:51.38 (1500m).

The Shackleton twins ran well last February at the USA Cross Country Championships. Competing in the Junior Men's 8km, Drew placed 14th (26:18.5, out of 58 runners) and Kyle finished 21st (26:40.30). Drew also ran well at the NACAC Cross Country Championships (the U. S. vs. Jamaica and Puerto Rico) last March in Clermont, FL. Running on the gold medal winning USA team, he placed third (20:03) in the Junior 6k.

In cross country last fall, Kyle was UCLA's No. 6 runner at both the West Region (67th/32:16) and Pac-10 (51st/26:11) Championships. Drew redshirted in 2004 cross country.

"The Shackleton twins last year gained valuable experience at the national and international cross country levels, while Mike had a successful freshman season in cross country and track," said Peterson. "They all now have a year of experience at the collegiate level and I expect them to compete for scoring positions this fall."

Newcomers

A freshman who could make an impact this fall is Laef Barnes (Nine Mile Falls, WA/Mead HS). Barnes during his prep career was one of the nation's top distance runners. In 2004, he ranked No. 3 in the U.S. in cross country. A two-time (2004-05) indoor All-American, Barnes was the national indoor mile prep leader for the last two seasons (4:12.00 in 2005). His top marks included 4:07.07 (1600m), 8:59 (3200m) and 14:59 (5k).

Another freshman on the roster is Ryan Gordon (Pacific Palisades/Brentwood School), coached by former Bruin distance runner Devin Elizondo. In cross country, Gordon was a first-team All-CIF State member in 2003 and three-time (2004-02-01) second-team performer. In track last spring, he placed second at the CIF-SS finals in the 800m and won the Mt. SAC Invitational. His top high school times were 1:55.4 (800m), 4:25 (1600m) and 9:50 (3200m).

Losses

The Bruins lose last year's senior leaders and key contributors to the team – Jon Rankin, Erik Emilsson and Ben Aragon.

Rankin in 2004-05 had one of the finest year-long performances in Bruin men's distance history. In cross country, he earned All-Pac-10 and All-West Region honors and became only the 16th male runner in UCLA annals to earn All-American

honors, placing 39th (31:49.9/10,000m). At the NCAA Indoor Championships, Rankin ran on UCLA's second-place distance medley relay (9:33.60) and again earned All-American status. In outdoor track, he reached several milestones. In the mile, he became only the third Bruin in history (and the first since 1980) to run a sub-four minute mile (3:57.80). In the 1500m, he set the school record (3:40.39) and won the event at the West Region and Pac-10 Championships. At the 2005 USA Championships held in June at the Home Depot Center in Carson, Rankin placed sixth in the 1500m (3:43.41). In qualifying, he was third in his heat (3:39.71), setting a new personal-best and breaking his own school record of 3:40.39.

Emilsson in cross country last fall was UCLA's No. 2 runner at both the Pac-10 (20th/25:04) and West Region (12th/30:43-earning All-Region honors) and as a junior in 2003, he was an individual qualifier to the NCAA Championships. In track, Emilsson who will be a senior for the Bruins in spring 2006, at the 2005 NCAA Outdoor earned All-American honors in the 3000m steeplechase, placing eighth (personal-best 8:34.80, No. 3 in UCLA history).

Aragon in 2004 cross country was UCLA's No. 3 runner at the West Region (20th-31:02-earning All-Region honors) and No. 4 performer at the Pac-10 (28th-25:19). In 2005 indoor track, he earned All-American honors on the Bruins' distance medley relay. During his Bruin career, he set the indoor mile school record (4:00.38, 2003), won the Pac-10 800m title in 2004 (1:48.45) and in UCLA's dual meet victory over USC in 2003, Aragon won three distance events – 800m (1:50.35), 1500m (4:12.40) and 5000m (14:46.43).

2005 Men's Roster

Name	Ht.	Wt.	Cl.	Hometown (HS)
Laef Barnes	6-1	155	Fr.	Nine Mile Falls, WA (Mead)
Micky Cobrin	6-1	145	Jr.	Buffalo Grove, IL (Stevenson)
Nick De Felice	5-10	135	Sr.	Sacramento (Jesuit)
Ryan Gordon	5-10	140	Fr.	Pacific Palisades, CA (Brentwood School)
Mike Haddan	5-11	145	So.	Irvine, CA (Woodbridge)
Martell Munguia	5-10	140	Sr.	Sacramento, CA (Woodcreek)
Austin Ramos	5-9	130	Jr.	Sacramento, CA (Jesuit)
Drew Shackleton	5-8	135	Fr.*	Belmont, CA (Carlmont)
Kyle Shackleton	5-8	128	So	Belmont, CA (Carlmont)
Matt Stollenwerk	5-11	150	Fr.*	San Clemente, CA (San Clemente)

*2004 Redshirt year

MICKY COBRIN

6-1 :: JUNIOR :: BUFFALO GROVE, IL :: STEVENSON HS



2004-05 — At Pac-10's, placed 48th in a time of 26:04 ... Finished ninth at the USF Invite (24:17.2) and 14th at the Stanford Invite (12:21) ... Redshirted the indoor and outdoor track seasons.

2003-04 — Was the Bruins' No. 2 runner at the Aztec CC Invite (8th overall, 26:10) and Big Wave Invite (2nd overall, 15:21, 5k) ... Finished 12th at the Stanford Invite (12:25, 4k) ... Placed 75th at the Pac-10 Championships (30:20.60).

High School — Placed seventh at the 2002 Illinois State Cross Country championship in 14:46, earning All-State honors and leading

Stevenson to a second-place team finish ... As a senior, was the conference and region cross country individual champion ... In track, placed second in the 3200m and fourth in the 1600m at the IL State Meet ... Was the section, county and conference 1600m and 3200m champion ... Placed second indoors in the 3200m at the IL State Indoor Meet ... Was a five-time conference champ and 12-time all-conference selection ... Prep track bests were 51.5 (400m), 1:56 (800m), 4:14.9 (1600m) and 9:01.4 (3200m).

LAEF BARNES

6-1 :: FRESHMAN :: NINE MILE FALLS, WA :: MEAD HS



High School — Four-year varsity letterwinner in track and cross country ... Team was state champions in 2002 and 2003 ... Was the national indoor mile leader in 2004 and 2005 ... Ranked third in the nation in cross country in 2004 ... Indoor All-American ('04, '05) ... Team captain for track and cross country teams ... Sophomore state record holder in the 1500m, 1600m and 3000m ... Top times of 4:07.07 in the 1600m, 8:59 in the 3200m and 14:59 in the 5k.

NICK DE FELICE

5-10 :: SENIOR :: SACRAMENTO, CA :: JESUIT HS



2004-05 — Finished 70th at the West Region meet (32:21, 10K) and 62nd in the 8K race at Pac-10 (26:36) ... At the USF Invite, placed 19th in a time of 25:22.7 ... Ran 25:07 at the Notre Dame Invite ... In outdoor track, ran 31:15.73 in the 10,000m and 15:16.87 in the 5000m.

2003-04 — Finished 70th at the Pac-10 Championships (28:01.00) ... Ran 27:02 at the Aztec Invite (26th overall) ... Finished eighth at the Big Wave Invite (5k, 15:55) ... Placed 11th at the UCSD Triton Classic (26:38.1, season-best).

2002-03 — As a true freshman in cross country, ran a season best 25:59 at the Stanford Invitational ... Placed 67th at the Pac-10 Championships in 26:55 ... Highest finish was 16th (26:35.1) at the CS Fullerton Titan Invitational ... Redshirted the indoor and outdoor track seasons.

High School — Placed 26th at the CA State Cross Country Championships in 16:04, helping lead Jesuit to the 2000 State team title ... As a senior in 2001, placed 27th at the State meet ... In track in 2002, was the Sac Joaquin Section 3200m champion and finished 11th in the 3200m at the State meet in a personal best 9:14.68 ... Placed fourth at the Junior Olympics in the 5000m (15:24) ... Also placed fourth at the Meet of Champions in the 1600m (4:18.58) ... Track prep bests were 4:18.58 (1600m), 9:14.68 (3200m) and 15:24 (5000m).

RYAN GORDON

5-10 :: FRESHMAN :: PACIFIC PALISADES, CA :: BRENTWOOD SCHOOL



High School — Four-year varsity letterwinner in cross country and track ... Also a two-year letterwinner in soccer ... Four-time first-team All-League and All-CIF ... Three-time second-team All-CIF ... Team Captain ... Finished in the top-10 in at the State Meet all four years of high school ... Four-time 1600m and three-time 3200m League champion ... Top prep times of 1:55.4 (800m), 4:25 (1600m) and 9:50 (3200m).

MIKE HADDAN

5-11 :: SOPHOMORE :: IRVINE, CA :: WOODBRIDGE HS



2004-05 — Finished 55th at the West Region meet (31:58) and 52nd at the Pac-10 Championships (26:13) ... Placed 15th at the USF Invite (25:05.3) and 17th at the Stanford Invite (12:22, 4K) ... At the Pre-NCAA meet, ran 25:39.3 ... At the Notre Dame Invitational, ran 25:14 ... Named Most Outstanding Freshman Distance Runner.

High School — Haddan finished third at the CA State meet for the past two years in the 800m (1:51.79, 2003/1:53.03, 2004) after winning the State crown as a sophomore (1:51.41) ... He was the 2004 CIF Div. II champion (1:54.30) and CIF Masters titlist (1:51.50) ... Was named Orange County Cross Country and Irvine City Athlete of the Year ... 2004 Los Angeles Times All-Star boys' second-team in the 800m ... Personal-best of 1:51.02 as a junior ... In 2003, Haddan was third at the Arcadia Invitational (1:52.43) and was also third at the Mt. SAC Relays in the mile (4:15.86) ... Competed in the World Junior Championships in the 800m.

MARTELL MUNGUIA

5-10 :: SENIOR :: SACRAMENTO, CA :: WOODCREEK HS



2004-05 — Finished 63rd at the Pac-10 Championships in a time of 26:36 ... Had an impressive outdoor track season, qualifying for the NCAA Outdoor in the 800m (placed 13th overall, 1:49.45) ... Finished fourth at the West Region in the 800m (1:48.91) ... Personal-best 1:48.14 is No. 10 all-time at UCLA ... In indoor track, earned All-American honors as a member of the second-place Distance Medley Relay team at NCAA Indoor (9:33.60).

2003-2004 — Ran 28:23.30 at the Pac-10 Cross Country Championships, placing 73rd overall ... In the summer, Munguia competed for Mexico (for the first time in his career) at the NACAC Under-23 Championships (July 30-Aug. 1/Sherbrooke, Quebec, Canada), finishing fifth in the 800m with a time of 1:51.33 (he had the fastest prelim time/1:50.32) ... At the Mexico Under-23 Championships (July 11/Tepic), Munguia was second in the 800m ... At the Mexico National Championships (July 4/Monterrey), Munguia helped lead the State of Coahuila to the National title, by placing third in the 800m and anchoring its 4X400m relay ... A redshirt in Outdoor track ... Munguia ran a season-best 1:48.76 (800m) at the Occidental Last Chance Meet ... Also ran personal-bests of 48.75 (400m) and 3:48.98 (1500m).

2002-03 — As a redshirt freshman in cross country, Munguia ran a season best 25:38 at the Stanford Invitational ... Placed 63rd (26:37) at the Pac-10 Championships and 81st (32:58) at the NCAA West Region ... Highest finish was ninth (27:10) at the Cal Poly San Luis Obispo Invitational ... In outdoor track, ran a season-best 1:49.73 in the 800m ... Placed 15th overall (1:55.65) in the 800m qualifying at the NCAA West Regional Championships.

2001-2002 — Redshirted the 2001 cross country season.

High School — Placed 18th at the 2000 Sac Joaquin Section Div. II Championships in 16:56, Woodcreek placed fourth ... In track, placed sixth in the 800m at the 2001 Junior Nationals ... Placed eighth at the Golden West Invitational ... Prep track bests are 48.76 (400m) and 1:52.52 (800m) ... Munguia's older brother lives in Manzanillo, Mexico and both his parents were born in Mexico.

AUSTIN RAMOS

5-9 :: JUNIOR :: SACRAMENTO, CA :: JESUIT HS



2004-05 — At the 2004 USA Cross Country Championships, Ramos finished 24th (39:13.8) in the Open Men's 12km ... Placed 28th at the West Region Championships (31:13, 10K) and 21st at the Pac-10 Championships (25:06, 8K) ... Finished 16th in the 4K at the Stanford Invitational (12:22) ... Ran 24:47.4 at the Pre-NCAA meet (43rd overall) ... In outdoor track, placed eighth in the 10,000m (30:02.01) and ninth in the 5000m (14:15.61) at the Pac-10 meet ... At the West Region Championships, placed 10th in the 5000m (14:29.66) ... All-Academic Pac-10 Honorable Mention ... All-Academic MPSF.

2003-2004 — Ramos was UCLA's No.1 cross country runner in four regular season meets, including first place (15:13/5k) at the Big Wave Invitational, sixth (12:11/4k) at the Stanford Invitational and 41st (24:19.5/8000m) at the Pre-National ... He finished 26th at Regionals with a time of 30.24 (No. 3 Bruin runner) ... Top UCLA finisher at the Pac-10 in a time of 25:43.4 (22nd overall) ... Redshirted the Outdoor track season.

High School — As a senior, placed 11th in 15:26 at the CA State Cross Country Championships and led Jesuit to the State title ... At the 2001 and 2002 State Championships, was Jesuit's No. 1 runner, placing sixth in 2001 (15:51) and 11th in 2002 ... Received CIF All-State honors in 2002 ... Also placed 14th at the 2002 Footlocker Western Regional ... As a junior, placed 36th at the Foot Locker Western Regional in 16:26 ... In track, placed fifth (9:00.31) in the 3200m at the 2002 CA State Meet ... Prep track bests were 4:18.00 (1600m) and 9:00.27 (3200m).

DREW SHACKLETON

5-8 :: RS-FRESHMAN :: BELMONT, CA :: CARLMONT HS



2004-05 — At the 2005 USA Cross Country Championships, placed 14th (26:18.5) in the Junior Men's 8k ... Competed for the USA at the NACAC Cross Country Championships, finishing third (20:03) in the Junior Men's 6k ... Redshirt cross country season ... In outdoor track, ran a lifetime-best in the steeplechase of 9:33.90 against USC ... Also ran 15:01.63 in the 5000m ... Athletic Director's Honor Roll.

High School — Four year varsity letter winner in cross country and track ... Three-time All-CIF in CC ... Three-time co-MVP and co-captain for CC ... Two-time MVP and co-captain for track team ... School co-Athlete of

the Year in 2004 ... At the Footlocker XC West Regionals, placed 29th overall ... Second-team All-Northern California (2003) and third-team All-Northern California in 2002 ... Finished eighth in the Division II State Meet in 2003 ... Placed in the top-30 in the state in cross country in 2002 ... Qualified for the State XC Meet in 2001 ... Top times of 4:26 in the 1600m, 9:20 in the 3200m and 15:38.1 in the 5K ... Twin brother Kyle is a sophomore for the Bruins.

KYLE SHACKLETON

5-8 :: SOPHOMORE :: BELMONT, CA :: CARLMONT HS



2004-05 — At the 2005 USA Cross Country Championships, placed 21st (26:40.3) in the Junior Men's 8km ... Placed 51st at the Pac-10 Championships (26:11) and 67th at the West Regional (32:16) ... Finished 14th at the USF Invite (24:50.2) and 25th at the Stanford Invite (12:33) ... Athletic Director's Honor Roll.

High School — In cross country, Shackleton finished seventh at the State Championships and was a three-time All-CIF selection ... Three-time co-MVP and team captain ... Kyle finished 14th at the Foot Locker Cross Country West Regionals in 2003 ... In outdoor track,

at the 2004 CA State Meet, he finished sixth in the 3200m in 9:17.03 ... Ranked No. 6 in the State in the 3200m with a time of 9:05.36 ... Finished third (9:05.36) at the Central Coast Section Championships in the 3200m ... Was a two-time co-MVP and co-captain of track team ... Twin brother Drew is a redshirt freshman for the Bruins.

MATT STOLLENWERK

5-11 :: RS-FRESHMAN :: SAN CLEMENTE, CA :: SAN CLEMENTE HS



2004-05 — Redshirted the cross country season ... In outdoor track, ran 9:39.70 in the steeplechase at the UCLA/USC meet, placing fourth overall ... Athletic Director's Honor Roll.

High School — Two-time cross country and track team captain ... Two-time cross country and track team MVP ... Second-Team All-County in cross country (2003) ... First-Team All-County in track (2003).

JASON YANG

MEN'S CROSS COUNTRY
STUDENT MANAGER



From the 2004 squad that advanced to the NCAA Championships, placed sixth at the West Region and fourth at the Pac-10 Championships, UCLA returns six of its top seven runners for the 2005 campaign.

Experience and depth will be the keys to this season's Bruin women's cross country squad – led by seniors, Jenna Timinsky, Allison Hall and Sarah West; juniors, Alison Costello and Ashley Caldwell and sophomores, Olga Aulet-Leon, Monika Rothenburger and Claire Rethmeier.

Returners

Throughout most of last season's cross country campaign, Costello, the 2004 U. S. Junior Champion, was UCLA's No. 1 runner. Named the Bruins "Most Outstanding Cross Country Runner", Costello was UCLA's No. 2 performer at the NCAA Championships (148th/22:21.1/6000m) and leading runner at the West Region (22nd/21:21/6000m-earning All-West Region honors) and Pac-10 (15th/21:30/6000m) Championships. In 2005 outdoor track, Costello set a new school record (10:31.34) in the 3000m steeplechase and placed fourth at the Pac-10.

Caldwell, who missed all of 2005 outdoor track with a stress fracture (left tibia), was the Bruins' top performer at last year's NCAA Championships, placing 98th (21:55.0). She was UCLA's No. 3 runner (30th/21:32) at the West Region and No. 5 runner at the Pac-10 (25th/21:54). Caldwell was UCLA's top finisher at the Pre-NCAA Meet (53rd/21:43.1/6000m). As a sophomore in 2003-04, she earned NCAA Championship All-American honors on three occasions – cross country (36th/20:45.6), indoor track (DMR, third leg/3rd/11:08.70) and outdoor track (800m/10thQ/ 2:06.51/top eight Americans). Her 2:05.01 800m is No. 4 in school history.

Timinsky, a consistent cross country contributor for the last three seasons, in 2004 was UCLA's No. 2 runner (21st/21:44) at the Pac-10, No. 4 performer (36th/21:39) at the West Region and the Bruins' No. 5 runner at the NCAA (215th/23:06.4). As a junior in 2003 cross country, she earned All-West Region honors and in outdoor track, Timinsky was a Pac-10 800m scorer and her 2:06.26 is No. 9 in UCLA history. As a redshirt freshman in 2003 outdoor track, she placed third at the U. S. and fourth at the Pan Am Junior Championships in the 800m.

Hall, named "Most Improved Cross Country Runner" at the end of last season, has run on UCLA's last three NCAA qualifying squads. In 2004 as a junior, she was the Bruins' No. 3 runner at the NCAA (181st/22:41.2), finished 33rd (22:07) at the Pac-10 and 39th (21:42) at the West Region Championships. A redshirt last spring in outdoor track, Hall is a Pac-10 scorer in the 1500m.

West last season placed 39th (22:22) at the Pac-10 and 71st (22:20) at the West Region Championships. Last spring in outdoor track, she was a Pac-10 scorer in the 10,000m (7th/37:27.75).

"Our veterans have vast experience at the NCAA, West Region and Pac-10 levels," said Eric Peterson, entering his 12th year as UCLA's women's cross country head coach. "This team enters the season with as much experience as any I've ever coached here. I expect this group to report to camp in top shape and ready to go.

Their leadership and experience will be of tremendous value to our younger athletes."

Although just sophomores, Aulet-Leon, Rothenburger and Rethmeier picked up valuable experience in 2004-05 as true freshmen. At the 2005 USA Cross Country Championships, held Feb. 12-13 in Vancouver, WA, Rothenburger was UCLA's top finisher (15th, out of 52 runners, 23:13.3/6km), followed by Rethmeier (18th/23:29.4) and Aulet-Leon (22nd/23:57.4).

Last fall, Aulet-Leon was UCLA's No. 4 runner at the NCAA (189th/22:51.7), No. 2 performer at the West Region (28th/21:29) and No. 4 runner (21:50) at the Pac-10. Rothenburger was UCLA's No. 7 runner at the NCAA (228th/23:24.5) and No. 3 runner at the Pac-10 (22nd/21:49). Aulet-Leon and Rothenburger were "Co-Most Outstanding Freshman Cross Country Runners" following last fall's campaign. Rethmeier redshirted last fall.

"Olga, Monika and Claire as true freshmen gained significant knowledge and experience during their first season as college runners," said Peterson, who has guided the Bruin women's cross country squad to four consecutive NCAA Championship team appearances. "Last year's experiences and an additional year

of maturity will prepare them for their upcoming sophomore campaigns. They are a young and talented compliment to our group of returning veterans."

Also returning are seniors – Lori Mann, who last fall in cross country placed 62nd (22:59) at the Pac-10 Championships, and Leslie Barrie.

Incoming Freshmen

UCLA's incoming freshmen class consists of – Gabrielle Bournes (Long Beach Poly HS), Lauren Jirges (Cypress HS), Lindsay delaMontaigne (San Diego/Rancho Bernardo HS) and Ciarra Viehweg (San Francisco/St. Ignatius HS).

Last fall in cross country, delaMontaigne placed second in the CA State meet and was a San Diego CIF champion during the spring of 2005 in the 1600m and 3200m. Her top prep times were 4:57 (1600m), 10:52 (3200m) and 17:57 (5k).

In 2004 cross country, Viehweg finished second (18:11/5k) in the CA State meet (Div. 3). In 2005 outdoor track, she placed second in the 3000m (10:01) at the Stanford Invitational and qualified for the CA State Championships in the 3200m. Her prep bests were 2:15 (800m), 4:54 (1600m) and 10:01 (3000m).

Losses

Losses from last season include – Carmen Winant and Alejandra Barrientos. Winant, as a senior last fall in cross country, was UCLA's fifth finisher at the NCAA (193rd/22:54.6) and No. 9 runner at the Pac-10 Championships (55th/22:44). In outdoor track, her 35:15.04 10,000m is No. 8 in UCLA history. Barrientos concluded her Bruin career as a contributor to three (2004-02-01) UCLA cross country teams that qualified to the NCAA. In outdoor track, she was an NCAA 1500m qualifier (2004) and a two-time (2004-02) Pac-10 scorer in the 1500m. Her 4:17.60 1500m is No. 8 in school history.



Women's Roster & Biographies

2005 Women's Roster

Name	Ht.	Yr.	Hometown (High School)
Olga Aulet-Leon	5-9	So	Palos Verdes, CA (Peninsula)
Leslie Barrie	5-6	Sr.	Torrance, CA (Torrance)
Raquel Barrientos	5-7	So.	Felton, CA (San Lorenzo Valley)
Alice Bohannon	5-8	So	Nashville, TN (Harpeth Hall)
Gabrielle Bournes	5-4	Fr.	Long Beach, CA (Long Beach Poly)
Ashley Caldwell	5-9	Jr.	Los Gatos, CA (Los Gatos)
Alison Costello	5-8	Jr.	Yorba Linda, CA (Esperanza)
Allison Hall	5-6	Sr.	San Diego, CA (Rancho Bernardo)
Lauren Jirges	5-6	Fr.	Cypress, CA (Cypress)
Lori Mann	5-2	Sr.	Coto de Caza, CA (Santa Margarita Catholic)
Shantae McKinney	5-8	So.	Long Beach, CA (Long Beach Poly/USC)
Lindsay deLaMontaigne	5-2	Fr.	San Diego, CA (Rancho Bernardo)
Claire Rethmeier	5-7	So	Escondido, CA (San Pasqual)
Monika Rothenburger	5-10	So.	Dana Point, CA (Dana Hills)
Jenna Timinsky	5-7	Sr.	Encinitas, CA (San Dieguito Academy)
Ciarra Viehweg	5-8	Fr.	San Francisco, CA (St. Ignatius)
Sarah West	5-7	Sr.	Davis, CA (Davis Senior)

OLGA AULET-LEON

5-9 :: SOPHOMORE :: PALOS VERDES, CA :: PENINSULA HS



2004-05 — Voted Co-Most Outstanding Freshman Cross Country Runner ... At the 2005 USA Cross Country Championships, placed 22nd (23:57.4) in the Junior Women's 6km race ... At NCAA, ran 22:51.7 ... Placed 23rd at Pac-10 (21:50) and 28th at West Region (21:29) ... Finished 14th at the USF Invite (18:12.8) ... In outdoor track, ran top times of 2:14.19 in the 800m and 4:26.20 in the 1500m ... Was ranked in the top 10 in the conference going into the Pac-10 meet, but tore a calf muscle during the 1500m race, ending her season ... Athletic Director's Honor Roll.

High School — At the 2004 CA State Meet, placed ninth in the 1600m (5:12.23) and 18th in the 3200m (11:06) ... League champion in the 1600m and 3200m ... Finished third at the CIF Championships ... Named team's Most Valuable Female Athlete in 2003 ... Team Captain.

ASHLEY CALDWELL

5-9 :: JUNIOR :: LOS GATOS, CA :: LOS GATOS HS



2004-05 — Was the Bruins' No. 1 runner at the NCAA meet (21:55.0) ... At West Region, finished 30th (21:32) ... At Pac-10, placed 25th (21:54) ... Ran 14:28 at the Stanford Invite (14th overall) ... At the Notre Dame Invite, finished 55th in a time of 17:49 ... Was the Bruins' No. 1 runner at the Pre-NCAA meet (21:43.1, 53rd) ... Had to redshirt the outdoor track season due to stress fractures in her shin ... Athletic Director's Honor Roll.

2003-2004 — Earned All-America honors on three occasions ... All-American in cross country after finishing 36th at the NCAA Championships in a season-best time of 20:45.6 ...

Earned All-Region honors, placing 11th (20:50) ... She was UCLA's No. 2 runner at the NCAA, West Regionals and Pac-10 Championships ... At Pac-10, she finished 14th (22:17.2), earning second-team All-Pac-10 ... Caldwell placed 26th (21:05.2) at the Pre-National Meet ... Named Pac-10 All-Academic Honorable Mention in cross country and track and field ... In outdoor track, she earned All-American honors in the 800m after finishing 10th at the NCAA Championships (2:06.51, top eight Americans) ... Finished second at the West Regionals in the 800m, running a personal-best 2:05.01 (No. 4 in school history) ... Pac-10 Champion in the 800m (2:06.88) ... Earned All-American honors running the third leg on UCLA's third-place distance medley relay (11:08.70, season-best), at the NCAA Indoor Championships.

2002-03 — A redshirt in cross country ... In track as a true freshman, Caldwell was a West Region qualifier in the 800m and scored for the Bruins at the Pac-10, placing sixth (2:08.19, then personal-best).

High School — Finished fifth in the 800m (2:11.84) at the 2002 National Scholastic Indoor Meet ... Won the 1600m at the Stanford Invitational in 4:55.71 and was second in the 1600m at the Central Coast Section final in 4:58.80 ... Won the DeAnza League 400m crown in 58.32 ... At the CIF Central Coast Masters meet, finished second in both the 800m (2:10.80) and 1600m (4:58.14) ... At the CA State meet, was fourth in the 800m (2:11.07) ... Placed third in the 800m (2:11.29) at the Golden West Invitational ... At the U.S. Junior National Championships, ran then personal- bests in 800m qualifying (2:09.65) and bettered that time by placing third in final (2:09.49), earning Verizon Junior All-America honors ... Was the first alternate for the U.S. team in the World Junior Championships ... Season bests of 2:09.49 (800m) and 4:55.71 (1600m) ranked her nationally as the No. 11 half-miler and No. 22 miler ... In 2001, was the CIF Central Coast 800m champion ... Her 2:10.27 (800m) ranked No. 16 in the U.S. ... Prep bests of 2:09.49 (800m) and 4:55.71 (1600m).

ALISON COSTELLO

5-8 :: JUNIOR :: YORBA LINDA, CA :: ESPERANZA HS



2004-05 — Named Most Outstanding Cross Country Runner after running in the No. 1 position all season for the Bruins ... Placed 15th at Pac-10's (21:30) ... Earned All-Region honors after finishing 22nd (21:21) at the Regional meet ... Ran 22:21.1 at the NCAA meet ... Placed sixth at both the USF Invite (17:26.5) and the Stanford Invite (14:01) ... At the Notre Dame Invite, finished 25th (17:28) ... Was the No. 2 runner at the Pre-NCAA meet (21:44.6, meet record) ... In outdoor track, broke the school record in the steeplechase twice at the USC meet (10:33.70) and at Pac-10 (4th, 10:31.34) ... Placed 14th at the West Regional (10:43.87)

... Athletic Director's Honor Roll.

2003-2004 — Won the U.S. Junior Cross Country Championships (20:55, 6km) on Feb. 7 in Indianapolis and at the World Junior Championships, March 20 in Brussels, Belgium, Costello helped lead the U. S. to a fourth-place team finish (she was 30th overall, 22:10, 8km) ... Solid contributor to the Bruin cross country team ... At the NCAA, ran 21:34.1 and was UCLA's No. 3 runner at both the West Region (14th, 20:53, earning All-Region) and Pac-10 (15th, 22:19.0) meets ... Redshirt in outdoor track.

High School — First-team Los Angeles Times All-Star Girls Track & Field performer in the 1600m/3200m ... Costello was third in the 1600m at the 2003 CA State meet in a personal-best 4:53.74 ... Also won the 1600m/3200m at the CIF Div. I and Masters meets ... Costello placed at the CA State Cross Country meet in fall 2002.

ALLISON HALL

5-6 :: SENIOR :: SAN DIEGO, CA :: RANCHO BERNARDO HS



2004-05 — Named Most Improved Cross Country Runner ... Finished 16th at the USF Invite (18:20.5) and 64th at the Notre Dame Invite (17:57) ... Redshirted the outdoor track season ... Athletic Director's Honor Roll.

2003-2004 — UCLA's No. 7 runner at the NCAA Cross Country Championships ... Finished 34th at the West Region with a time of 21:38 and placed 38th (23:42.1) at the Pac-10 Championships ... At the Pre-National Meet, Hall ran a season-best 21:36.7 ... Was named first team Pac-10 All-Academic (3.80 gpa) ... In outdoor track, she finished 10th (4:31.07) at the West Region in the 1500m and scored at the Pac-10, placing eighth

(4:33.17) ... Also qualified to the conference meet in the 800m ... Ran personal-bests of 2:10.55 (800m) and 4:27.74 (1500m).

2002-2003 — As a true freshman, Hall ran in all three major cross country events, with a top placement of 29th (21:40) at the Pac-10 ... Was 52nd (23:03) at West Region and was UCLA's No. 5 runner at the NCAA ... In outdoor track, she ran a 2:12.46 (800m) and 4:31.26 (1500m).

High School — At the 2002 CA State meet, Hall placed fifth (2:12.99) in the 800m, earning All-State honors ... Was ninth in the 2002 Arcadia Invitational 1600m (5:02.84) ... Best high school marks of 2:12.44 (800m, school record), 5:01.45 (1600m, school record) and 11:12.8 (3200m) ... In cross country, earned All State honors (8th) at the CA State Cross Country Championships as a sophomore, helping her team to a second-place finish.

CLAIRE RETHMEIER

5-7 :: SOPHOMORE :: ESCONDIDO, CA :: SAN PASQUAL HS



2004-05 — At the 2005 USA Cross Country Championships, placed 18th (23:29.4) in the Junior Women's 6km race ... Ran 18:08.6 at the USF Invite, placing 12th overall ... At the UCSD Invite, placed 64th in a time of 24:58.0 ... Ran 10:00.01 at the RJ/JJK meet in the 3000m ... Had an outdoor best of 16:56.31 in the 5000m ... Athletic Director's Honor Roll.

High School — San Diego CIF Cross Country champion and was one of the top runners in the State ... Three-time CIF Div. II winner in cross country ... Was the State runner-up in 2003 in cross country ... She finished 14th at the Footlocker Nationals and earned third-team All-America honors ... A top 5km time of

17:27 ... In 2004 track, Rethmeier is a four-time CIF champion (3200m-three times and 1600m-once) ... Won (10:27.32) the State title in the 3200m in 2003, was runner-up (10:33.57) in 2004 and placed 10th as a sophomore ... In track, she was eighth (4:54.82) in the mile at the Golden West Invitational in Sacramento, won both the 1600m (4:59.25) and 3200m (10:49.23) at the CIF Divisional Championships and at the CIF Masters meet (personal-best 4:52.42/10:52.95) ... She led San Pasqual HS to the 2004 San Diego section Div. I team title, edging El Camino (led by UCLA teammate Jolanda Diego) 65-64 ... Finished fifth at the Adidas Outdoor Championships in the 3200m, earning All-American honors ... Her 3200 personal-best is a converted 10:26.80 and she also has run 2:16.9 for 800m ... Other best prep times include 4:34 in the 1500m and 17:09 in the 5000m.

MONIKA ROTHENBURGER

5-10 :: SOPHOMORE :: DANA POINT, CA :: DANA HILLS HS



2004-05 — Voted Co-Most Outstanding Freshman Cross Country Runner ... Top Bruin finisher at the 2005 USA Cross Country Championships, placing 15th (23:13.3) in the Junior Women's 6km race ... At NCAA, ran 23:24.5 ... Placed 22nd at the Pac-10 meet (21:49) ... Finished 15th at the USF Invite (18:30.4) and 19th at the Stanford Invite (14:35) ... Placed 65th at the Pre-NCAA meet (21:52.2) and 68th at the Notre Dame Invite (17:59) ... In outdoor track, had best marks of 11:24.60 (steeple) and 17:38.02 in the 5000m ... Athletic Director's Honor Roll.

High School — Three-time Most Valuable Distance Runner ... Three-time All-League recipient ... CIF Finalist in the 1600m ... Finished second at CIF in the 1600m in 2004 ... Masters Finalist in the 1600m and 3200m ... Placed 10th at the 2004 CA State Meet in the 3200m (10:54.33) ... Wendy's High School Heisman State Finalist (2003) ... Dana Hills Female Scholar Athlete of the Year (2004).

JENNA TIMINSKY

5-7 :: SENIOR :: ENCINITAS, CA :: SAN DIEGUITO ACADEMY



2004-05 — Was the Bruins' No. 2 runner at Pac-10's (21:44, 21st) and No. 4 runner at West Region (21:39, 36th) ... Ran 23:06.4 at the NCAA meet ... Finished 10th at both the USF (17:52.3) and Stanford Invites (14:11) ... Placed 50th at the Notre Dame Invite (17:47) ... In outdoor track, placed 15th in the 1500m (4:30.81) at West Region ... At Pac-10, placed ninth in the 1500m (4:30.64) ... Athletic Director's Honor Roll.

2003-2004 — In cross country, Timinsky was UCLA's No. 5 runner (21:30.4) at the NCAA ... Earned All-Region honors after running a personal-best 21:03 at the West

Region, placing 21st (UCLA's No. 4 runner) ... Finished 27th at Pac-10 in a time of 23:17.4 ... At the Stanford Invitational, Timinsky was seventh overall (21:30) ... She was named second team Pac-10 All-Academic (3.74 gpa) in cross country ... In outdoor track, she was a Bruin relay alternate (4X400m) at the NCAA Championships ... Timinsky placed seventh (2:08.02) in the 800m at the West Region ... Finished fourth at Pac-10 (2:08.55) ... Named first team Pac-10 All-Academic (3.84gpa/linguistics and anthropology major) ... Ran personal-bests 2:06.26 (800m, No. 9 in school history) and 4:23.88 (1500m).

2002-03 — Major contributor for the Bruins in cross country as a true freshman ... UCLA's second-highest finisher at the Regional meet (9th, 21:46), third-highest at the Pac-10 (22nd, 21:30) and No. 4 UCLA finisher at the NCAA ... A redshirt in track, Timinsky in the summer placed third in the 800m at the USA Juniors, fourth at the Pan Am Juniors and ran then personal-bests of 2:07.00 (800m) and 4:32.50 (1500m).

High School — As a senior in 2002, Timinsky placed second (2:09.48) in the 800m at the CA State Championships and then beat a talented field to win the event at the Golden West Invitational (2:09.59) ... Won the San Diego HS Div. II final in 2:09.56 and at the San Diego CIF Masters, Timinsky won the 800m in a prep personal-best 2:08.74 (2002 State leader, No. 3 all-time San Diego County prep list) ... Second at Arcadia (2:09.59) ... Timinsky ran a 4:55.72 to win the Mt. Carmel Invitational 1600m ... As a junior in 2000-01, she placed fifth (2:12.80) in the 800m at the CA State meet ... Her 800m mark of 2:09.12 at the San Diego Masters ranked No. 8 on the 2001 U. S. prep chart ... Timinsky was fourth (2:10.31) at the Golden West Invitational ... She's won four San Diego County CIF 800m and cross country titles ... Season-best of 4:59.35 in the 1600m.

SARAH WEST

5-7 :: SENIOR :: DAVIS, CA :: DAVIS SENIOR



2004-05 — Placed 71st in the 6K race at West Region (22:20) and 39th at Pac-10 (22:22) ... At the USF Invite, finished 27th (18:51.8) ... At the UCSD Invite, placed 16th in a time of 23:18.0 ... Ran 37:27.75 in the 10,000m at the Pac-10 Championships, placing seventh overall ... Athletic Director's Honor Roll.

2003-04 — Finished eighth at the Big Wave Invite (14:21, 4k) ... Was the Bruins No. 2 runner at the Triton Classic (5th overall, 22:49.4) ... Placed 42nd at the Pac-10 Championships (23:47.1).

2002-03 — Was the Bruins' No. 2 runner at the Triton Classic (13th overall, 22:35.6) ... Ran 23:22 to place 60th at the Pac-10 Championships.

High School — Three-time CIF Sac-Joaquin Section champion ... During the 2002 indoor season, her 10:46.50 in the 3200m was No. 5 in the State ... Also in 2002, placed fifth in the two mile at the National Scholastic Indoor Championships ... In 2002 outdoor track, placed fourth in the State meet in the 3200m ... In 2001, finished third in the State Cross Country Championships (Div. I) ... League Champion in both cross country and track (1600m/3200m) ... CIF Sac-Joaquin Section Scholar Athlete of the Year ('02) ... Five-time team captain ... School record holder ... Davis Senior HS Female Athlete of the Year Prep bests of 4:59.08 (1600m), 10:43.03 (3200m), 18:10 (5k).



LESLIE BARRIE

5-6 :: SENIOR
TORRANCE, CA
TORRANCE HS



LAUREN JIRGES

5-6 :: FRESHMAN
CYPRESS, CA
CYPRESS HS



RAQUEL BARRIENTOS

5-7 :: RS-SOPHOMORE
FELTON, CA
SAN LORENZO HS



LORI MANN

5-2 :: RS-SENIOR
COTO DE CAZA, CA
SANTA MARGARITA HS



ALICE BOHANNAN

5-8 :: SOPHOMORE
NASHVILLE, TN
HARPETH HALL



LINDSAY DELAMONTAIGNE

5-2 :: FRESHMAN
SAN DIEGO, CA
RANCHO BERNARDO HS



GABRIELLE BOURNES

5-4 :: FRESHMAN
LONG BEACH, CA
LONG BEACH POLY HS



CIARA VIEHWEG

5-8 :: FRESHMAN
SAN FRANCISCO, CA
ST. IGNATIUS HS



ANNIE ADAMS

WOMEN'S CROSS COUNTRY
STUDENT MANAGER



TALITA WELLS

WOMEN'S CROSS COUNTRY
STUDENT MANAGER

UCLA History/2005 Championship Results

NCAA TEAM APPEARANCES

WOMEN (13)*

Year	Finish	Coach
2004	27th	Eric Peterson
2003	7th	Eric Peterson
2002	25th(tie)	Eric Peterson
2001	21st	Eric Peterson
1999	30th	Eric Peterson
1998	28th	Eric Peterson
1988	13th	Bob Messina
1986	11th	Bob Messina
1985	6th	Bob Messina
1980	7th	Scott Chisam
1979	11th	Scott Chisam
1977	5th	Scott Chisam
1976	6th	Pat Connolly

*Women competed in the AIAW Championships until 1981.

MEN (6)

Year	Finish	Coach
1985	12th	Bob Larsen
1983	20th	Bob Larsen
1982	9th	Bob Larsen
1981	5th	Bob Larsen
1980	5th	Bob Larsen
1979	15th	Bob Larsen



ALL-AMERICANS

WOMEN (13)

Year	Athlete(s)
2003	Ashley Caldwell, Valerie Flores, Melissa McBain
2002	Lena Nilsson
1994	Karen Hecox
1993	Beth Bartholomew, Karen Hecox
1986	Polly Plumber
1985	Polly Plumber
1981	Michelle Bush
1980	Linda Goen
1973	Julie Brown, Francie Larrieu

MEN (16)

Year	Athlete(s)
2004	Jon Rankin
1998	Mark Hauser
1997	Meb Keflezighi (NCAA Champion)
1996	Meb Keflezighi
1995	Meb Keflezighi
1994	Meb Keflezighi
1985	Jon Butler
1982	Jon Butler, Steve McCormack
1981	Jon Butler, Dave Daniels, Steve McCormack
1980	Ron Cornell, Dave Daniels, Steve Ortiz
1979	Ron Cornell

2004 UCLA PAC-10/NCAA WEST REGION/NCAA CHAMPIONSHIP RESULTS

Oct. 30 - Pac-10 Cross Country Championships at Golden Gate Park, San Francisco

Women Team Standings

1. Stanford 30, 2. Arizona 47, 3. Washington 100, **4. UCLA 102**, 5. Washington State 171, 6. Arizona 180, 7. Oregon 182, 8. USC 233, 9. California 237, 10. Oregon State 238

UCLA Women (6000m)

15. Alison Costello*, 21:30; 21. Jenna Timinsky*, 21:44; 22. Monika Rothenburger*, 21:49; 23. Olga Aulet-Leon*, 21:50; 25. Ashley Caldwell*, 21:54; 26. Alejandra Barrientos, 21:56; 33. Allison Hall*, 22:07; 39. Sarah West*, 22:22; 55. Carmen Winant, 22:44; 62. Lori Mann*, 22:59

Men Team Standings

1. Stanford 37, 2. Arizona State 64, 3. Oregon 105, 4. Washington 116, **5. UCLA 118**, 6. Arizona 138, 7. Washington State 140, 8. California 199

UCLA Men (8000m)

5. Jon Rankin, 24:31; 20. Erik Emilsson, 25:04; 21. Austin Ramos*, 25:06; 28. Ben Aragon, 25:19; 48. Micky Cobrin*, 26:04; 51. Kyle Shackleton*, 26:11; 52. Mike Haddan*, 26:13; 62. Nick DeFelice*, 26:36; 63. Martell Munguia*, 26:36; 71. Nick Thornton, 27:49

Nov. 13- NCAA West Region Qualifying Meet, Fresno, CA

Women Team Standings (Top 6 of 28 teams)

1. Stanford 29, 2. Arizona State 45, 3. UC Santa Barbara 92, 4. Idaho 140.5, 5. Washington 143, **6. UCLA 151**

UCLA Women(6000m)

22. Alison Costello*, 21:21; 28. Olga Aulet-Leon*, 21:29; 30. Ashley Caldwell*, 21:32; 36. Jenna Timinsky*, 21:39; 39. Allison Hall*, 21:42; 40. Alejandra Barrientos, 21:42; 71. Sarah West*, 22:20.

Men Team Standings (Top 5 of 21 teams)

1. Stanford 49, 2. Arizona State 68, 3. Cal-Poly SLO 86, **4. UCLA 114**, 5. Portland 140

UCLA Men(10,000m)

6. Jon Rankin, 30:30; 12. Erik Emilsson, 30:43; 20. Ben Aragon, 31:02; 28. Austin Ramos*, 31:13; 55. Mike Haddan*, 31:58; 67. Kyle Shackleton*, 32:16; 70. Nick DeFelice*, 32:21

Nov. 22 - NCAA Championships

at Indiana State University, Terre Haute, IN

Women's Team Standings (Top 5 of 31 Teams)

1. Colorado 63.2, 2. Duke 144, 3. Providence 164, 4. Notre Dame 170, 5. Stanford 175 (**UCLA placed 27th, 640**)

UCLA Women (6000m)

98. Ashley Caldwell*, 21:55.0; 148. Alison Costello*, 22:21.1; 181. Allison Hall*, 22:41.2; 189. Olga Aulet-Leon*, 22:51.7; 193. Carmen Winant 22:54.6; 215. Jenna Timinsky*, 23:06.4; 228. Monika Rothenburger*, 23:54.5

UCLA Men (10,000m)

39. Jon Rankin, 31:49.8 (All-American honors)

*Returning for 2005

WOMEN'S PAC-10 CONFERENCE CHAMPIONS

Year	Team Champion	Individual Champion/School	Time
2004	Stanford	Amy Hastings, Arizona State	20:19
2003	Stanford	Sara Bei, Stanford	21:12.1
2002	Stanford	Sara Bei, Stanford	19:48
2001	Stanford	Lauren Fleshman, Stanford	20:08.1
2000	Stanford	Tara Chaplin, Arizona	20:10.67*
1999	Stanford	Erin Sullivan, Stanford	17:01.5
1998	Stanford	Amy Skiersz, Arizona	16:59
1997	Stanford	Amy Skiersz, Arizona	16:40
1996	Stanford	Amy Skiersz, Arizona	16:36
1995	Oregon	Amy Skiersz, Arizona	16:45
1994	Stanford	Karen Hecox, UCLA	17:00
1993	Stanford	Karen Hecox, UCLA	16:43
1992	Oregon	Nicole Woodward, Oregon	16:51
1991	Oregon	Lisa Karnopp, Oregon	16:48
1990	Oregon	Liz Wilson, Oregon	16:52
1989	Washington	Jen Robinson, Washington State	16:53
1988	Oregon	Liz Wilson, Oregon	17:06
1987	Oregon	Annette Hand, Oregon	16:44
1986	Oregon	Penny Graves, Oregon	16:51.7

*In 2000, the race became 6,000m; from 1986-99, it was 5,000m.



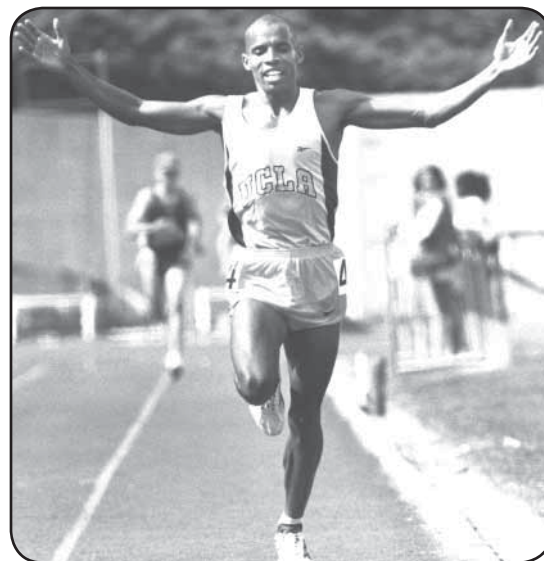
In her UCLA career under Eric Peterson, Karen Hecox Candaele was the two-time (1994-93) Pac-10 Female Cross Country Athlete of the Year and won the 1994 NCAA Outdoor 3000m.

MEN'S PAC-10 CONFERENCE CHAMPIONS

Year	Team Champion	Individual Champion/School	Time
2004	Stanford	Robert Cheseret, Arizona	23:48
2003	Stanford	Ian Dobson, Stanford	24:33.9
2002	Stanford	Grant Robinson, Stanford	23:27
2001	Stanford	Grant Robison, Stanford	24:04.0
2000	Stanford	Jonathon Riley, Stanford	23:39.59
1999	Arizona	Steve Fein, Oregon	23:37
1998	Stanford	Abdi Abdirahman, Arizona	23:23
1997	Stanford	Bernard Lagat, Washington State	23:59
1996	Stanford	Meb Keflezighi, UCLA	23:45
1995	Oregon	Karl Keska, Oregon	24:14
1994	Arizona	Martin Keino, Arizona	24:04
1993	Washington	Joe Kapkory, Washington State	23:38
1992	Oregon	Joe Kapkory, Washington State	23:46
1991	Arizona	Coltin Dalton, Oregon	23:36
1990	Oregon	Marc Davis, Arizona	23:44
1989	Oregon	Marc Davis, Arizona	23:31
1988	Oregon	Brad Hudson, Oregon	30:47
1987	Arizona	Matt Giusto, Arizona	30:33
1986	Arizona	Aaron Ramirez, Arizona	30:23.7
1985	Stanford	Marc Olesen, Stanford	30:33.2
1984	Arizona	Tom Ansberry, Arizona	30:24.8
1983	Arizona	Jim Hill, Oregon	30:09.6
1982	Oregon	Jim Hill, Oregon	28:58
1981	UCLA	Richard Tuwei, Washington State	30:55.9
1980	UCLA	Ron Cornell, UCLA	30:26.5
1979	Oregon	Henry Rono, Washington State	29:07.2
1978	Oregon	Henry Rono, Washington State	29:29.5
1977	Oregon	Joel Cheruiyot, Washington State	29:34.8
1976	Oregon	Henry Rono, Washington State	29:18
1975	Washington State	Joshua Kimeto, Washington State	27:48.6*
1974	Washington State	John Ngeno, Washington State	27:37.6*
1973	Oregon	Steve Prefontaine, Oregon	28:05.4*
1972	Washington State	John Ngeno, Washington State	29:12.4*
1971	Washington State	Steve Prefontaine, Oregon	29:56.6*
1970	Oregon	Steve Prefontaine, Oregon	30:11.7*
1969	Oregon	Gerry Lindgren, Washington State	28:32.4*

*indicates a six-mile course

In 1976, the race became 10,000m. In 1989, the race became 8,000m

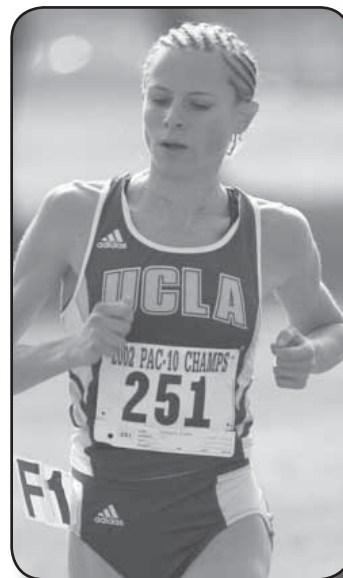


During his UCLA career (1994-98), Mebrahtom Keflezighi won four NCAA individual distance championships, including the 1997 NCAA Cross Country title. Most recently, he won the silver medal at the Athens Olympics in the marathon with a time of 2:11.29 and was the first American male to medal in the marathon since 1976. Keflezighi is the American Record Holder in the 10,000m (27:13.98, 2001), a three-time USATF National Champion in the 10,000m, and two-time World Championships competitor. He also competed in the Sydney Olympic Games in the 10,000m where he finished 12th overall.

WOMEN'S NCAA WEST REGION CHAMPIONS

Year	Team Champion	Individual Champion/School
2004	Stanford	Alicia Craig, Stanford
2003	Stanford	Alicia Craig, Stanford
2002	Stanford	Alicia Craig, Stanford
2001	Stanford	Tara Chaplin, Arizona
2000	Stanford	Lisa Aguilera, Arizona State
1999	Stanford	Julia Stamps, Stanford
1998	Stanford	Amy Skiersz, Arizona
1997	Stanford	Amy Skiersz, Arizona
1996	Stanford	Amy Skiersz, Arizona
1995	Oregon	Amy Skiersz, Arizona
1994	Stanford	Milena Glusac, Oregon
1993	Arizona	Karen Hecox, UCLA
1992	Washington	Louis Watson, Stanford
1991	Oregon	Lucy Nusrata, Oregon
1990	Oregon	Buffy Rabbitt, UC Irvine
1989	Washington	Buffy Rabbitt, UC Irvine
1988	Oregon	Penny Graves, Oregon
1987	Oregon	Annette Hand, Oregon
1986	UCLA	Penny Graves, Oregon
1985	Oregon	Regina Jacobs, Stanford
1984	Stanford	Regina Jacobs, Stanford
1983	Oregon	Kathy Hayes, Oregon
1982	Stanford	Ceci Hopp, Stanford
1981	Oregon	Monica Joyce, San Diego State
1980	Oregon	Regina Joyce, Washington
1979	Oregon	Molly Morton, Oregon
1978	Oregon	Robin Baker, Oregon
1977	Oregon	Debbie Quatier, Seattle Pacific
1976	Oregon	Debbie Quatier, Seattle Pacific
1975	Seattle Pacific	Maureen Crowley, Simon Fraser

***In 2000, the race became 6,000m; from 1986-99, it was 5,000m.**



In 2002, as a junior in cross country, Lena Nilsson earned All-American honors at the NCAA Championships (17th/20:10.0) and led the Bruins at the Pac-10 (3rd/20:01) and NCAA West Region (2nd/20:45) championships. In her Bruin career, Nilsson won the 2003 NCAA Indoor 800m, 2002 NCAA Outdoor 1500m, was the two-time (2002-03) Pac-10 Women's T & F Athlete of the Year and holds the school records in the 800m (2:02.26) and 1500m (4:07.69).

MEN'S NCAA WEST REGION CHAMPIONS

Year	Team Champion	Individual Champion/School
2004	Stanford	Ryan Hall, Stanford
2003	Stanford	Ian Dobson, Stanford
2002	Stanford	Donald Sage, Stanford
2001	Stanford	Donald Sage, Stanford
2000	Stanford	Jonathan Riley, Stanford
1999	Stanford	Steve Fein, Oregon
1998	Stanford	Abdi Abdirahman, Arizona
1997	Stanford	Meb Keflezighi, UCLA
1996	Stanford	Karl Kaska, Oregon
1995	Stanford	Karl Kaska, Oregon
1994	Arizona	Martin Keino, Arizona
1993	Portland	Joe Kapkory, Washington State
1992	Arizona	Joe Kapkory, Washington State
1991	Arizona	Joe Kapkory, Washington State
1990	Arizona	Marc Davis, Arizona
1989	Oregon	Brad Hudson, Oregon
1988	Oregon	Marc Davis, Arizona
1987	Arizona	Matt Giusto, Arizona
1986	Arizona	Matt Giusto, Arizona
1985	Arizona	Marc Olesen, Stanford
1984	Arizona	Tom Ansberry, Arizona
1983	Oregon	Jim Hill, Oregon
1982	Oregon	Jim Hill, Oregon
1981	UCLA	Richard Tuwei, Washington State
1980	UCLA	Ron Cornell, UCLA
1979	Oregon	Henry Rono, Washington State



In 2004, Jon Rankin led the Bruins, earning All-American honors at the NCAA Championships (39th, 31:49.8), All-Region honors at the West Region Championships (6th, 30:30) and All-Pac-10 honors at the Pac-10 Championships (5th, 24:31). In 2005 outdoor track, Rankin became the third Bruin all-time to run a sub-4 minute mile (3:57.89) and was the West Region and Pac-10 1500m Champion.