



## Great Plains Athletic Conference

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BRIAR CLIFF CONCORDIA DAKOTA WESLEYAN DOANE DORDT HASTINGS MIDLAND  
MORNINGSIDE MOUNT MARTY NEBRASKA WESLEYAN NORTHWESTERN

*Corey Westra, Commissioner*  
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TO: Select Nebraska, South Dakota & Iowa Media  
FR: Corey Westra, GPAC Commissioner  
RE: 2011 GPAC Cross Country All-Conference Team and Honors  
RELEASE DATE: Thursday, November 10, 2011

### ***GPAC Cross Country Individual and Coaching Honors Announced***

(Sioux City, Iowa) – Hannah Kinberg from Nebraska Wesleyan has been named the 2011 Hauff Mid-America Sports/GPAC Cross Country Runner-of-the-Year, and headlines the GPAC Women's Cross Country All-Conference Team. Kinberg was the individual champion at the GPAC Championships on Saturday, November 5, at Pioneers Park in Lincoln, Nebraska, with a 5k time of 18:23.47. Nebraska Wesleyan was the women's team conference champion with 28 points. Concordia claimed the NAIA automatic bid to the Women's NAIA National Championships. Nebraska Wesleyan co-coaches Ted Bulling and Ann Ringlein were named the Hauff Mid-America Sports/GPAC Women's Cross Country Coaches-of-the-Year.

On the men's side Edwin Ronoh from Doane is the 2011 Hauff Mid-America Sports/GPAC Cross Country Runner-of-the-Year, and headlines this year's GPAC Men's Cross Country All-Conference Team. Ronoh placed first in Saturday's men's 8k race with a time of 26:12.73. Dordt head coach Greg Van Dyke, who led the Defender men's team a second place conference finish and NAIA berth, has been honored as the Hauff Mid-America Sports/GPAC Men's Cross Country Coaches-of-the-Year. It's the first trip for the Dordt men to NAIA Nationals since 1980.

The NAIA National Cross Country Championships are slated for Saturday, November 19, in Vancouver, Washington.

The Top 15 runners in each race on Saturday are GPAC All-Conference for 2011 (list below).

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**2011 GPAC Women's Cross Country All-Conference Team:**

*Hannah Kinberg	Nebraska Wesleyan	Senior	Lincoln, Neb.
Hayley Sutter	Nebraska Wesleyan	Senior	Lincoln, Neb.
Jessica Weborg	Morningside	Senior	Elk Point, S.D.
Sarah Kortze	Concordia	Junior	Rockford, Ill.
Ali Tewes	Nebraska Wesleyan	Sophomore	Lincoln, Neb.
Jena Schwalenberg	Concordia	Junior	Columbus, Neb.
Renee Buikema	Dordt	Freshman	Brookfield, Wisc.
Malaina Huebert	Nebraska Wesleyan	Senior	Bradshaw, Neb.
Michelle Steiger	Dordt	Senior	Hull, Iowa
Lydia Ford	Morningside	Senior	Vermillion, S.D.
Jessa Sughroue	Doane	Freshman	McCook, Neb.
Katie Nelson	Nebraska Wesleyan	Senior	Lincoln, Neb.
Kelsey Christensen	Doane	Freshman	Seward, Neb.
Kaylee Fly	Mount Marty	Junior	Omaha, Neb.
Courtney Ruff	Morningside	Sophomore	Council Bluffs, Iowa

*\* Denotes GPAC/Hauff Mid-America Sports Runner-of-the-Year*

**2011 GPAC Men's Cross Country All-Conference Team:**

*Edwin Ronoh	Doane	Senior	Kericho, Kenya
Ben Paben	Nebraska Wesleyan	Senior	Beatrice, Neb.
Jordan Rector	Nebraska Wesleyan	Senior	Beatrice, Neb.
Ben Sievert	Concordia	Freshman	Frankenmuth, Mich.
Mike Rathje	Nebraska Wesleyan	Senior	Lincoln, Neb.
Parker Schoen	Nebraska Wesleyan	Freshman	Lincoln, Neb.
Garret Ehlers	Morningside	Sophomore	Ida Grove, Iowa
Cole Marolf	Nebraska Wesleyan	Senior	Holland, Neb.
Ryan Tholen	Dordt	Junior	Tracy, Minn.
Johnny Rutford	Nebraska Wesleyan	Sophomore	Lincoln, Neb.
Bobby Brown	Nebraska Wesleyan	Senior	Lincoln, Neb.
Nathan Jackson	Dordt	Freshman	Tracy, Calif.
Monte Larson	Morningside	Junior	Neola, Iowa
Derik Simonsen	Morningside	Junior	Sioux City, Iowa
Matt Dunker	Nebraska Wesleyan	Freshman	Beatrice, Neb.

*\* Denotes GPAC/Hauff Mid-America Sports Runner-of-the-Year*

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