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SPRINGFIELD, Oregon - Linn-Mar High School sophomore Stephanie Jenks finished seventh at the Bill Dellinger Invitational cross country race Saturday in Springfield, Ore., and beat numerous runners from 10 colleges along the way.

Jenks competed unattached in the Open Division and covered the 5K course in 16 minutes, 57 seconds. The winning time was 16:35.

Former Dowling Catholic star Katie Flood, now running for the University of Washington, placed fifth in 16:54, nipping Jenks by three seconds.

Jenks won the Class 4A state cross country title in Iowa last fall as a freshman. She is not competing for the Linn-Mar cross country team this year, but she is competing for the school swimming team.

Jenks defeated collegiate runners from Portland, Washington, Oregon, Idaho, Boise State, Gonzaga, Wichita State, Seattle, Portland State and Mount SAC.