



Sept. 21, 2022 • Week 4
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Sept. 23

Northwest Nazarene at Idaho State Open, 4 p.m., Pocatello, Idaho

Sat., Sept. 24

Alaska Anchorage, Central Washington, Simon Fraser, Western Washington at Bill Roe Classic, 10 a.m., Ferndale, Wash.

LAST WEEK'S MEETS

Fri., Sept. 16

Ash Creek Collegiate

at Ash Creek Preserve, Monmouth, Ore.

Men (6,000m): Simon Fraser 37, Portland 38, Western Oregon 63, Saint Martin's 115, Lane CC 124, Lewis & Clark 172, Linfield 198, Corban 245.

Top 5 Finishers: 1, Hunter Hutton, WOU, 17:51.2. 2, Justin Hazell, UP, 17:59.5. 3, Sebastian Brinkman, SFU, 18:00.5. 4, Cohen Williams, UP, 18:03.6. 5, Bailey Smith, WOU, 18:05.3.

Other Top GNAC Finishers: 6, Scott Arndt, SFU, 18:06.4. 7, Henry Ruttman-Utting, SFU, 18:10.9.

Women (5,000m): Oregon State 28, Simon Fraser 61, Saint Martin's 70, Western Oregon 92, Lewis & Clark 132, Lane CC 147, Linfield 167, Corban 255.

Top 5 Finishers: 1, Teaghan Knox, OSU, 17:49.4. 2, Kate Laurent, OSU, 17:50.2. 3, Emily Van Valkenberg, OSU, 17:58.9. 4, Cassidy Walchak-Sloan, SMU, 17:58.9. 5, Alauna Carstens, SMU, 18:05.3.

Other Top GNAC Finishers: 7, Megan Roxby, SFU, 18:14.5. 8, Grace Chalk, SFU, 18:18.6. 9, Holly Hutton, WOU, 18:18.6.

EOU Cross Country Open

at La Grande Country Club, La Grande, Ore.

Men (6,000m): Eastern Oregon 19, College of Idaho 43, Coll. of Southern Idaho 65, Lewis-Clark State 134, Clark CC 145, Walla Walla 165.

Top 5 Finishers: 1, Justin Ash, EOU, 18:24.73. 2, Hunter Nichols, EOU, 18:46.16. 3, Winston Telford, EOU, 18:47.81. 4, Hayden Bostrom, CI, 18:51.66. 5, Cristian Mendoza, EOU, 18:54.31.

Top GNAC Finishers: 22, Brody Kemble, NNU, 19:50.44. 36, Josh Lady, NNU, 20:46.48. 46, Aaron

Heberlein, NNU, 21:44.76. 57, Bryan Bach, NNU, 23:11.51.

Women (4,000m): College of Idaho 27, Coll. of Southern Idaho 30, Northwest Nazarene 86, Eastern Oregon 100, Clark CC 136.

Top 5 Finishers: 1, Ellyse Tingelstad, CI, 14:18.14. 2, Abbey Shirts, CI, 14:30.71. 3, Natalya Babcock, CSI, 14:36.71. 4, Lydia Felix, CSI, 14:38.84. 5, Kahea Figueira, CI, 14:42.81.

Top 5 GNAC Finishers: 14, Morgan Erler, NNU, 15:34.96. 17, Keelin Stewart, NNU, 15:58.27. 19, Olivia Klein, NNU, 16:00.78. 21, Katelyn Van Zant-en, NNU, 16:11.99. 22, Emily McMahon, 16:19.24.

Sat., Sept. 17

MSU Cross Country Classic

at Bridger Creek Golf Course, Bozeman, Mont.

Men (8,000m): Montana State 15, Weber State 51, Idaho State 105, Montana 125, Carroll (Mont.) 155, Montana Tech 165, Montana St. Billings 185, Montana Western 206.

Top 5 Finishers: 1, Duncan Hamilton, MSU, 24:30.9. 2, Ben Perrin, MSUB, 24:31.1. 3, Matthe Richtman, MSU, 24:41.9. 4, Owen Smith, MSU, 24:42.0. 5, Rob McManus, MSU, 24:48.0.

Top 5 GNAC Finishers: 14, Ase Ackerman, MSUB, 25:36.1. 48, Logan Straus, MSUB, 27:18.4. 60, Wyatt May, MSUB, 27:46.6. 63, Bryant Edgerton, MSUB, 27:55.5. 69, Jordi Peiro, MSUB, 28:28.8.

Women (5,000m): Montana State 31, Weber State 42, Idaho State 82, Montana 105, Carroll (Mont.) 160, Montana Tech 181, Montana State Billings 197, Montana Western 209.

Top 5 Finishers: 1, Camila Noe, MSUB, 16:28.2. 2, Billie Hatch, Unattached, 16:38.4. 3, Bailey Wall, Unattached, 16:59.5. 4, Bailey Winter, WSU, 17:04.3. 5, Rylie Lusk, WSU, 17:14.1.

Top 5 GNAC Finishers: 31, Kailee Stoppel, MSUB, 18:43.0. 52, Alahna Lien, MSUB, 19:43.1. 59, Ally Whitmer, MSUB, 20:07.0. 60, Kaylee Dalling, MSUB, 20:07.6. 66, Carey Berendsen, MSUB, 20:26.5.

#GNACXC in 280

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#WhenHuttonTalks Western Oregon's **Hunter Hutton** was named the GNAC Men's Cross Country Athlete of the Week after emerging as the winner at the Ash Creek Collegiate. It was Hutton's season debut.

#CassidyCaptures Saint Martin's **Cassidy Walchak-Sloan** earned GNAC Women's Cross Country Athlete of the Week honors for her fourth-place finish at the Ash Creek Collegiate. She was the top non-Division I finisher.

#TurningARedLeaf The Simon Fraser men won the Ash Creek Collegiate by one point over Division I cross country power Portland.

#HonoringBill Four GNAC teams will run at the Western Washington's Bill Roe Classic on Saturday, honoring the memory of the longtime legend in cross country and track and field.

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GNAC Cross Country Athletes of the Week



MEN
Hunter Hutton, Western Oregon
Junior • Bandon, Ore.

Making his season debut on his home course, Hutton was the winner at Friday's Ash Creek Invitational. He covered the 6,000-meter course in a time of 17:51.2, finishing eight seconds ahead of Justin Hazell of Portland. Hutton led the Wolves to a third-place team finish.

Also Nominated: Ase Ackerman (Montana State Billings), Sebastian Brinkman (Simon Fraser).



WOMEN
Cassidy Walchak-Sloan, Saint Martin's
Sophomore • Olympia, Wash.

Walchak-Sloan was the top non-Division I finisher at the Ash Creek Invitational on Friday, placing fourth in a time of 17:58.9 over 5,000 meters. She helped lead the Saints to a third-place team finish with a score of 70 points.

Also Nominated: Kailee Stoppel (Montana State Billings), Megan Roxby (Simon Fraser).

Past GNAC Athletes of the Week

Date	Men	Women
Aug. 22-28	Coleman Nash, UAA	Kendall Kramer, UAF
Aug. 29-Sept. 4	Coleman Nash, UAA	Libby Michael, SPU
Sept. 5-11	Jeret Gillingham, WWU	Sophie Wright, WWU
Sept. 12-18	Hunter Hutton, WOU	Cassidy Walchak-Sloan, SMU

Complete Player of the Week releases are available online at GNACSports.com.

GNAC News & Notes

KICKING THE ASH CREEK COURSE: In the first of two regular-season meets that will be held on the GNAC Championships course, conference athletes performed well in Friday's Ash Creek Invitational.

Making the most of his season debut on his home course, Western Oregon junior **Hunter Hutton** came through as a winner. Hutton covered the 6,000-meter course in a time of 17:51.2, placing eight seconds ahead of second-place Justin Hazell of Division I Portland. The victory earned Hutton selection as the GNAC Men's Cross Country Athlete of the Week.

Running in the team's first meet of the season, Simon Fraser outdueled Portland for the team title by one point, scoring 37 points. The Red Leafs prevailed by placing all five scoring runners in the top 11 with a gap of just 19 seconds between the scoring five.

In the women's 4,000-meter race, Saint Martin's Cassidy Walchak-Sloan was not intimidated by the Division I competitors at the front of the field. The sophomore placed fourth in a time of 17:58.9 and was bettered only by three Oregon State harriers. She was just nine seconds behind winner Teaghan Knox.

Thanks to the strong showing, Walchak-Sloan was named the GNAC Women's Cross Country Athlete of the Week.

The Simon Fraser women were the top GNAC team, placing second with a score of 61 points. Saint Martin's was close behind in third place with 70 points.

There will be one more opportunity to preview the conference course before the November 5 GNAC Championships. That will be on Friday, Sept. 30 at the Mike Johnson Classic. Montana State Billings and host Western Oregon are scheduled to compete.

BILL ROE AWAITS: Five conference teams will be in action this week. Four of those will be in Ferndale, Washington as Western Washington hosts the Bill Roe Classic.

Alaska Anchorage, Central Washington and Simon Fraser will join the field in the meet that honors the memory of the longtime WWU assistant coach and former president of USA Track and Field who passed away unexpectedly in 2020.

2022 GNAC Race Winners

MEN

Coleman Nash, UAA (UAF Blue/Gold Race, Aug. 27, 27:17, 8,000m)
 Coleman Nash, UAA (Seawolf Throwdown, Sept. 3, 25:22, 8,000m)
 Jeret Gillingham, WWU (CWU Apple Ridge Run, Sept. 10, 18:50.9, 6,000m)
 Ase Ackerman, MSUB (Gage McSpadden Memorial, Sept. 10, 18:52.2, 6,000m)
 Hunter Hutton, WOU (Ash Creek Collegiate, Sept. 16, 17:51.2, 6,000m)

WOMEN

Kendall Kramer, UAF (UAF Blue/Gold Race, Aug. 27, 18:28, 5,000m)
 Riley Smith, WOU (Linfield Harrier Classic, Sept. 2, 15:10.5, 4,000m)
 Kendall Kramer, UAF (Seawolf Throwdown, Sept. 3, 22:17, 6,000m)
 Libby Michael, SPU (Puget Sound Invitational, Sept. 3, 18:58, 5,000m)
 Sophie Wright, WWU (CWU Apple Ridge, Sept. 10, 15:23.2, 4,000m)

Around The GNAC

ALASKA



• Alaska will not race again until taking part in the Yellowjacket/Battlin' Bears Open on Friday, Oct. 7, in Billings, Montana.

• Alaska captured the women's race and took second in the men's race at the Seawolf Throwdown on Sept. 3 in Anchorage. The UAF women won with a score of 23 points, nine points ahead of Alaska Anchorage. The Nanooks had

the top three finishers in the race.

• Sophomore **Kendall Kramer** won her second race in as many weeks, covering the 6,000-meter course in a time of 22:17. She averaged 5 minutes, 59 seconds per mile. Sophomore **Rosie Fordham** was second for the straight week with a time of 22:19.

• Sophomore **Naomi Bailey** rounded out the UAF top three in her first race of the season, placing third in a time of 22:23.

• The Alaska men lost to Alaska Anchorage, finishing with a total of 23 points. Sophomore **Koen Ross** was the Nanooks' top finisher, placing sixth in a time of 28:26 over 8,000 meters.

ALASKA ANCHORAGE



• Alaska Anchorage returns to action at the Bill Roe Classic on Saturday in Ferndale, Washington.

• For the second straight week, Alaska Anchorage captured its dual meet with Alaska on the men's side at the Seawolf Throwdown on Sept. 3 at Anchorage's Kincaid Park.

• Sophomore **Coleman Nash** was a winner for the second straight week, covering the 8,000-meter course in a time of 25:22. It was the fifth victory of his collegiate career.

• Junior **Michael Zapherson** placed second in a time of 26:04 while freshman **Stephen Zukowski** completed the 1-2-3 sweep for the Seawolves in a time of 27:44. Both were running in their first meets for UAA while Zukowski was in his first collegiate meet.

• The Alaska Anchorage women placed second to UAF with a score of 32 points. Senior **Alfin Nyamasyo** led the Seawolves, finishing fourth in a time of 24:41. Freshman **Jordan Strausbaugh** was fifth in 25:12 while sophomore **Sofija Spaic** was sixth in 25:33.

CENTRAL WASHINGTON



• Central Washington did not race last week. The Wildcats return to action on Saturday at the Bill Roe Classic in Ferndale, Washington.

• Central Washington opened the 2022 season with a second-place men's finish and a third-place women's finish at the CWU Apple Ridge Run on Sept. 10 in Yakima.

• The CWU men finished with a score of 72 points. Sophomore **Ty Savely** led the Wildcats, covering the 6,000-meter course in a time of 19:47.3.

• Junior **Zach Sundt** finished 17th in a time of 20:15.6 while sophomore **Shawn Clough** rounded out the CWU runners in the top 20, placing 19th in a time of 20:21.5.

• The Wildcats women posted a score of 73 points. Freshman **Rosie Melville** led the way, placing 12th in a time of 16:29.8 over 4,000 meters.

• Junior **Zoie Mastin** was the other CWU runner in the top 20, placing 18th in a time of 16:58.2.

MONTANA STATE BILLINGS



• Montana State Billings snared a pair of seventh-place team finishes at the MSU Cross Country Open on Saturday in Bozeman.

• The MSUB men finished with a total of 185 points, 20 points behind sixth-place Montana Tech. Senior **Ase Ackerman** led the way, placing 14th in a time of 25:36.1 over 8,000 meters.

• The MSUB scored a total of 197 points, 19 points behind sixth-place Montana Tech. Senior **Kailee Stoppel** was the Yellowjackets' top finisher, placing 31st in a time of 18:43 over 5,000 meters.

• Montana State Billings is back in action on Saturday, competing in the MSU Cross Country Classic in Bozeman.

NORTHWEST NAZARENE



• Northwest Nazarene opened the 2022 season against NAIA competition at the Eastern Oregon Invite on Friday in La Grande.

• The Nighthawks women placed third with a score of 86 points, placing three runners in the top 20. Freshman **Morgan Erier** led the way, placing 14th with a time of 15:24.96 over 4,000 meters.

• Freshman **Keelin Stewart** placed 17th in a time of 15:58.27 while sophomore **Olivia Klein** finished 19th in 16:00.78.

• The NNU men ran four athletes in the meet, finishing with an incomplete team score. Freshman **Brody Kemble** led the Nighthawks, placing 22nd in a time of 19:50.44 over 6,000 meters.

• Northwest Nazarene returns to action this weekend, competing in the Idaho State Open on Friday in Pocatello.

SAINT MARTIN'S



• Saint Martin's opened the 2022 season with a pair of solid performances at the Ash Creek Collegiate on Friday in Monmouth, Oregon.

• The Saints women placed third with a score of 70 points, just nine points behind defending GNAC champion Simon Fraser.

• Sophomore **Cassidy Walchak-Sloan** was named the GNAC Women's Cross Country Athlete of the Week after she placed fourth in a time of 17:58.9 over 5,000 meters. She was outleaded by Oregon State's Emily Van Valkenburg for third place (she also finished in 17:58.9) and was the top non-Division I placer in the race.

• Freshman **Alauna Carstens** opened her career by placing fifth in a time of 18:05.3. Sophomore **Sara Sabra** placed 11th in a time of 18:24.5.

• The SMU men placed fourth with a score of 115 points. Sophomore **Kainalu Pagente** led the way, placing 14th in a time of 18:26.7 over 6,000 meters. Junior **Isaac Cortes** finished 21st in a time of 18:39.

• Saint Martin's will not compete again until Saturday, Oct. 1, at the John Payne Curtis Invitational in University Place, Washington.

Around The GNAC

SEATTLE PACIFIC



- Seattle Pacific did not compete last week. The Falcons return to the course on Saturday, Oct. 1, at the Charles Bowles Willamette Invitational in Salem, Oregon.
- Seattle Pacific posted a second-place women's finish and a third-place men's finish at the CWU Apple Ridge Run on Sept. 10 in Yakima.
- The Falcons women scored a total of 45 points, placing two runners in the top 10. A week after her win at the Puget Sound Invitational, senior **Libby Michael** finished fourth to break up a potential top-five sweep for Western Washington. Michael covered the 4,000-meter course in a time of 15:46.2. Freshman **Matise Mulch** placed sixth in a time of 16:09.8.
- The SPU men placed fourth with a score of 94 points. Sophomore **Jon Owen** led the Falcons, placing 22nd in a time of 20:32.8 over 6,000 meters. Junior **Brennan LeBlanc** finished 25th in a time of 20:54.7.

SIMON FRASER



- Simon Fraser opened the 2022 season with a men's team victory and a second-place women's finish at the Ash Creek Collegiate on Friday in Monmouth, Oregon.
- The Red Leafs men placed all five scoring runners in the top 11 to win with a score of 37 points. Simon Fraser finished one point ahead of Division I Portland.
- Junior **Sebastian Brinkman** led SFU, placing third in a time of 18:00.5 over 6,000 meters. Sophomore **Scott Arndt** placed sixth in 18:06.4. Sophomore **Henry Ruckman-Uttig** was seventh in 18:10.9 while sophomore **Aiden Good** rounded out the top 10 with his 10th-place finish in 18:16.6.
- The Simon Fraser women placed second with a score of 61 points, 33 points behind Division I Oregon State and nine points ahead of third-place Saint Martin's.
- All five scoring runners placed in the top 20. Senior **Megan Roxby** led SFU with her seventh-place finish in a time of 18:18.6 over 5,000 meters. Junior **Grace Chalk** placed eighth in a time of 18:18.6. Senior **Emily Chilton** placed 15th in a time of 18:51.7.
- The SFU women retained their No. 9 preseason ranking in the latest USTFCCA Division II Coaches Poll released on Sept. 14.
- Simon Fraser returns to action on Saturday, competing in the Bill Roe Classic in Ferndale, Washington.

WESTERN OREGON



- Running on its home course, Western Oregon placed third in the men's competition and fourth in the women's competition at Friday's Ash Creek Collegiate.
- The men placed three runners in the top 20 to finish with a score of 63 points, 52 points ahead of fourth-place Saint Martin's.
- Junior **Hunter Hutton** was named the GNAC Men's Cross Country Athlete of the Week in his season debut, winning the 6,000-meter race in a time of 17:51.2. He was eight seconds ahead of second-place Justin Hazell of Division I Portland and averaged 4:47 per mile.
- Sophomore **Emmett Klus** finished 17th in a time of 18:33.5 while freshman **Logan Parker** placed 20th in a time of 18:37.7.
- The WOU women compiled a score of 92 points, 22 points behind third-place Saint Martin's and 40 points ahead of fifth-place Lewis & Clark.
- Freshman **Holly Hutton** led the Wolves with a ninth-place finish, covering the 5,000-meter course in a time of 18:21.6. Freshman **Riley Smith** placed 12th in a time of 18:40.2 and freshman **Ali Clifton** placed 19th in a time of 19:05.5.
- Western Oregon will not compete again until Friday, Sept. 30 when it hosts the Mike Johnson Classic at the Ash Creek Preserve.

WESTERN WASHINGTON



- Western Washington did not compete last week. The Vikings welcome teams to Ferndale, Washington on Saturday for the Bill Roe Classic.
- Western Washington's men were perfect and the women were close to perfect as both teams won to open the season at the CWU Apple Ridge Run on Sept. 10 in Yakima.
- The WWU men won with a perfect score of 15 points. Sophomore **Jeret Gillingham** was the individual winner in a time of 18:50.9 over 6,000 meters.
- Junior **Andrew Oslin** was second in a time of 18:53.1. Sophomore **Kevin McDermott** placed third in 19:00, sophomore **Jalen Javurek** was fourth in 19:14.6 and freshman **Jared Alderfer** rounded out the top five with a time of 19:24.2.
- The Vikings women just missed a perfect score with four runners in the top five for a winning score of 18 points. Sophomore **Sophie Wright** earned the victory, covering the 4,000-meter course in 15:23.2.
- Sophomore **Meaera Shannon** placed second in 15:40.1. Sophomore **Mia Crocker** placed third in 15:44.2 and freshman **Ashley Reeck** was fifth in a time of 16:06.8. In all, WWU placed eight runners in the top 10.
- With the win, the WWU men climbed one spot to No. 29 in the latest USTFCCA Division II Coaches Poll released on Sept. 14. The women remain ranked at No. 20.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	WWU
Preseason	30th
Sept. 12	29th

NR - Not ranked in top 30, but is among others receiving votes.

West Region	SFU	WOU	WWU
Preseason	8th	10th	5th
Sept. 13	8th	10th	5th

USTFCCCA DIVISION II COACHES POLL

Week 1 - Sept. 14, 2022

Rk	School (1st)	Pts.	Prev.
1.	Adams State (5)	237	1
2.	Colorado Mines (3)	235	2
3.	Grand Valley State	224	3
4.	Augustana (S.D.)	216	4
5.	Chico State	206	5
6.	Wingate	200	6
7.	Colorado Christian	191	7
8.	Missouri Southern	185	9
9.	Western Colorado	178	8
10.	Charleston (W.Va.)	167	11
11.	Lee (Tenn.)	157	12
12.	Pittsburg St.	154	13
13.	Walsh	144	14
14.	UC-Colorado Springs	137	10
15.	Michigan Tech	124	16
16.	Alabama-Huntsville	115	18
17.	Cal Poly Pomona	110	22
18.	Mississippi College	105	19
19.	Wayne State (Mich.)	96	17
20.	Neb.-Kearney	89	20
21.	Fresno Pacific	72	15
22.	Azusa Pacific	69	25
23.	American International	62	21
24.	West Texas A&M	61	23
25.	Lewis	55	23
26.	Southern Connecticut	33	26
27.	Cedarville	27	RV
28.	Embry-Riddle (Fla.)	24	29
29.	Western Washington	18	30
30.	CSU Pueblo	13	NR

USTFCCCA WEST REGION POLL

Week 1 - Sept. 13, 2022

Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Cal Poly Pomona	CCAA	3
3.	Azusa Pacific	PacWest	4
4.	Fresno Pacific	PacWest	2
5.	Western Washington	GNAC	5
6.	Cal St. San Marcos	CCAA	6
7.	Biola	PacWest	7
8.	Simon Fraser	GNAC	8
9.	Stanislaus State	CCAA	9
10.	Western Oregon	GNAC	10

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAF	SFU	WWU
Preseason	RV	9th	20th
Sept. 12	—	9th	20th

RV - Not ranked in top 30, but is among others receiving votes.

West Region	UAF	SFU	WWU
Preseason	9th	1st	4th
Sept. 13	10th	1st	4th

USTFCCCA DIVISION II COACHES POLL

Week 1 - Sept. 14, 2022

Rk	School (1st)	Pts.	Prev.
1.	Adams State (8)	240	1
2.	Grand Valley State	232	2
3.	Augustana (S.D.)	221	3
4.	UC-Colorado Springs	217	5
5.	Colorado Mines	208	4
6.	Wingate	200	6
7.	Western Colorado	191	7
8.	Cedarville	182	12
9.	Simon Fraser	173	9
10.	Lee (Tenn.)	168	10
11.	Saginaw Valley St.	163	8
12.	Stanislaus State	152	11
13.	Colorado Christian	145	14
14.	Mary	137	13
15.	Hillsdale	120	16
16.	Minnesota Duluth	113	15
17.	Chico State	110	17
18.	CSU Pueblo	104	23
19.	Lewis	96	18
20.	Western Washington	89	20
21.	West Texas A&M	70	29
22.	Wayne State (Mich.)	59	24
23.	Walsh	55	22
24.	Biola	53	21
25.	Dallas Baptist	49	19
26.	Minnesota State	48	25
27.	Winona State	31	26
28.	Azusa Pacific	29	RV
29.	Edinboro	18	28
30.	Pittsburg St.	16	NR

USTFCCCA WEST REGION POLL

Week 1 - Sept. 13, 2022

Rk	School	Conf.	Prev.
1.	Simon Fraser	GNAC	1
2.	Stanislaus State	CCAA	2
3.	Chico State	CCAA	3
4.	Western Washington	GNAC	4
5.	Biola	PacWest	5
6.	Azusa Pacific	PacWest	7
7.	Cal State San Marcos	CCAA	6
8.	Cal State East Bay	CCAA	10
9.	Academy of Art	PacWest	8
10.	Alaska	GNAC	9

[View Complete Regional Polls Online](#)



2022 GNAC Meet Summaries

Sat., Aug. 27

UAF Blue/Gold Race

at UAF Trails, Fairbanks, Alaska

Men (8,000m): Alaska Anchorage 23, Alaska 32.

Top 5 Finishers: 1, Coleman Nash, UAA, 27:17. 2, Jesus Avalos, UAA, 27:52. 3, Koen Ross, UAF, 28:42. 4, Zach Christensen, UAA, 29:24. 5, Josh Baurick, UAF, 30:02.

Women (5,000m): Alaska 27, Alaska Anchorage 30.

Top 5 Finishers: 1, Kendall Kramer, UAF, 18:28. 2, Rosie Fordham, UAF, 18:39. 3, Elle Stevens, UAA, 20:23. 4, Alfin Nyamasyo, UAA, 20:23. 5, Delainey Zock, UAF, 20:29.

Fri., Sept. 2

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000m): Willamette 25, Linfield 30. No GNAC competitors in men's race.

Women (4,000m): Willamette 24, Linfield 31.

Top 5 Finishers: 1, Riley Smith, WOU, 15:10.5. 2, Holly Hutton, WOU, 15:13.9. 3, Ali Clifton, WOU, 15:49.4. 4, Jennifer Torres-Bermudez, LIN, 16:02.4; 5, Zoe Heino, WU, 16:09.0.

Sat., Sept. 3

Seawolf Throwdown

at Kincaid Park, Anchorage, Alaska

Men (8,000m): Alaska Anchorage 18, Alaska 37.

Top 5 Finishers: 1, Coleman Nash, UAA, 25:22. 2, Michael Zapherson, UAA, 26:04. 3, Stephen Zukowski, UAA, 27:44. 4, Ty Elliott, Unattached, 27:57. 5, Zach Christensen, UAA, 28:05.

Women (6,000m): Alaska 23, Alaska Anchorage 32.

Top 5 Finishers: 1, Kendall Kramer, UAF, 22:19. 2, Rosie Fordham, UAF, 22:19. 3, Naomi Bailey, UAF, 22:23. 4, Alfin Nyamasyo, UAA, 24:41. 5, Jordan Strausburgh, UAA, 25:12.

Puget Sound Invitational

at Ft. Steilacoom Park, Lakewood, Wash.

Men (5,000m): Pacific Lutheran 32, Seattle Pacific 45, Green River CC 73, Puget Sound 77.

Top 5 Finishers: 1, Ben Kerr, UPS, 15:29.4. 2, Colin Monaghan, TCRC, 15:42.6. 3, Drew Thompson, SPU, 15:47.5. 4, Brennan LeBlanc, SPU, 15:52.4. 5, Ryan Stracke, PLU, 15:53.8.

Other Top GNAC Finishers: 11, Tom Thake, SPU, 16:08.6. 15, Jon Owen, SPU, 16:14.9. 19, Kade Franco, SPU, 16:27.0.

Women (5,000m): Seattle Pacific 15, Pacific Lutheran 52, Puget Sound 81, Green River CC 81 (UPS wins tiebreaker 3-2), Olympic CC 127.

Top 5 Finishers: 1, Libby Michael, SPU, 18:58.0. 2, Matise Mulch, SPU, 19:09.1. 3, Katelyn Flolo, SPU, 19:27.0. 4, Nicki Yorges, SPU, 19:38.8. 5, Vanessa Aniteye, SPU, 19:41.1.

Sat., Sept. 10

CWU Apple Ridge Run

at Apple Ridge Course, Yakima, Wash.

Men (6,000m): Western Washington 15, Central Washington 72, Northwest (Wash.) 78, Seattle Pacific 94, Spokane CC 113.

Top 5 Finishers: 1, Jeret Gillingham, WWU, 18:50.9. 2, Andrew Oslin, WWU, 18:53.1. 3, Kevin McDermott, WWU, 19:00.0. 4, Jalen Javurek, WWU, 19:14.6. 5, Jared Alderfer, WWU, 19:24.2.

Women (4,000m): Western Washington 18, Seattle Pacific 45, Central Washington 72.

Top 5 Finishers: 1, Sophie Wright, WWU, 15:23.2. 2, Meara Shannon, WWU, 15:40.1. 3, Mia Crocker, WWU, 15:44.2. 4, Libby Michael, SPU, 15:46.2. 5, Ashley Reeck, WWU, 16:06.8.

Gage McSpadden Memorial

at Spearfish Canyon Country Club, Spearfish, S.D.

Men (6,000m): Black Hills St. 26, Chadron State 51, South Dakota Mines 74, Montana State Billings 76.

Top 5 Finishers: 1, Ase Ackerman, MSUB, 18:52.2. 2, Matt Parker, BHSU, 18:57.9. 3, Timothy Brown, BHSU, 19:01.3. 4, Tyler Captain, SDM, 19:16.7. 5, Topi Alahuhta, CSC, 19:19.7.

Other Top GNAC Finishers: 11, Logan Straus, MSUB, 19:43.1. 15, Wyatt May, MSUB, 20:06.0. 29, Jordi Peiro, MSUB, 20:50.8. 30, Bryant Edgerton, MSUB, 20:57.7.

Women (5,000m): Black Hills State 31, South Dakota Mines 48, Montana State Billings 66, Chadron State 80.

Top 5 Finishers: 1, Xiomara Robinson, BHSU, 18:24.5. 2, Sylvia Brown, BHSU, 19:02.5. 3, Clare Fischer, SDM, 19:56.5. 4, Kailee Stoppel, MSUB, 20:12.2. 5, Kat Tvrdy, SDM, 20:18.7.

Other Top GNAC Finishers: 11, Ally Whitmer, MSUB, 21:14.6. 14, Kaylee Dalling, MSUB, 21:27.5. 18, Kit Wiersema, MSUB, 22:21.5. 19, Madeline Severson, MSUB, 22:25.7.

Fri., Sept. 16

Ash Creek Collegiate

at Ash Creek Preserve, Monmouth, Ore.

Men (6,000m): Simon Fraser 37, Portland 38, Western Oregon 63, Saint Martin's 115, Lane CC 124, Lewis & Clark 172, Linfield 198, Corban 245.

Top 5 Finishers: 1, Hunter Hutton, WOU, 17:51.2. 2, Justin Hazell, UP, 17:59.5. 3, Sebastian Brinkman, SFU, 18:00.5. 4, Cohen Williams, UP, 18:03.6. 5, Bailey Smith, WOU, 18:05.3.

Other Top GNAC Finishers: 6, Scott Arndt, SFU, 18:06.4. 7, Henry Ruttman-Utting, SFU, 18:10.9.

Women (5,000m): Oregon State 28, Simon Fraser 61, Saint Martin's 70, Western Oregon 92, Lewis & Clark 132, Lane CC 147, Linfield 167, Corban 255.

Top 5 Finishers: 1, Teaghan Knoxx, OSU, 17:49.4. 2, Kate Laurent, OSU, 17:50.2. 3, Emily Van Valkenberg, OSU, 17:58.9. 4, Cassidy Walchak-Sloan, SMU, 17:58.9. 5, Alauna Carstens, SMU, 18:05.3.

Other Top GNAC Finishers: 7, Megan Roxby, SFU, 18:14.5. 8, Grace Chalk, SFU, 18:18.6. 9, Holly Hutton, WOU, 18:18.6.

EOU Cross Country Open

at La Grande Country Club, La Grande, Ore.

Men (6,000m): Eastern Oregon 19, College of Idaho 43, Coll. of Southern Idaho 65, Lewis-Clark State 134, Clark CC 145, Walla Walla 165.

Top 5 Finishers: 1, Justin Ash, EOU, 18:24.73. 2, Hunter Nichols, EOU, 18:46.16. 3, Winston Telford, EOU, 18:47.81. 4, Hayden Bostrom, CI, 18:51.66. 5, Cristian Mendoza, EOU, 18:54.31.

Top GNAC Finishers: 22, Brody Kembler, NNU, 19:50.44. 36, Josh Lady, NNU, 20:46.48. 46, Aaron Heberlein, NNU, 21:44.76. 57, Bryan Bach, NNU, 23:11.51.

Women (4,000m): College of Idaho 27, Coll. of Southern Idaho 30, Northwest Nazarene 86, Eastern Oregon 100, Clark CC 136.

Top 5 Finishers: 1, Ellyse Tingelstad, CI, 14:18.14. 2, Abbey Shirts, CI, 14:30.71. 3, Natalya Babcock, CSI, 14:36.71. 4, Lydia Felix, CSI, 14:38.84. 5, Kahea Figueira, CI, 14:42.81.

Top 5 GNAC Finishers: 14, Morgan Erler, NNU, 15:34.96. 17, Keelin Stewart, NNU, 15:58.27. 19, Olivia Klein, NNU, 16:00.78. 21, Katelyn Van Zanten, NNU, 16:11.99. 22, Emily McMahon, 16:19.24.

2022 GNAC Meet Summaries

Sat., Sept. 17

MSU Cross Country Classic

at Bridger Creek Golf Course, Bozeman, Mont.

Men (8,000m): Montana State 15, Weber State 51, Idaho State 105, Montana 125, Carroll (Mont.) 155, Montana Tech 165, Montana St. Billings 185, Montana Western 206.

Top 5 Finishers: 1, Duncan Hamilton, MSU, 24:30.9. 2, Ben Perrin, MSUB, 24:31.1. 3, Matthre Richtman, MSU, 24:41.9. 4, Owen Smith, MSU, 24:42.0. 5, Rob McManus, MSU, 24:48.0.

Top 5 GNAC Finishers: 14, Ase Ackerman, MSUB, 25:36.1. 48, Logan Straus, MSUB, 27:18.4. 60, Wyatt May, MSUB, 27:46.6. 63, Bryant Edgerton, MSUB, 27:55.5. 69, Jordi Peiro, MSUB, 28:28.8.

Women (5,000m): Montana State 31, Weber State 42, Idaho State 82, Montana 105, Carroll (Mont.) 160, Montana Tech 181, Montana State Billings 197, Montana Western 209.

Top 5 Finishers: 1, Camila Noe, MSUB, 16:28.2. 2, Billie Hatch, Unattached, 16:38.4. 3, Bailey Wall, Unattached, 16:59.5. 4, Bailey Winter, WSU, 17:04.3. 5, Rylie Lusk, WSU, 17:14.1.

Top 5 GNAC Finishers: 31, Kailee Stoppel, MSUB, 18:43.0. 52, Alahna Lien, MSUB, 19:43.1. 59, Ally Whitmer, MSUB, 20:07.0. 60, Kaylee Dalling, MSUB, 20:07.6. 66, Carey Berendsen, MSUB, 20:26.5.